BOLDLY BUILDING OUR FUTURE



Northern Middlesex YMCA

2024 Annual Report

BOLDLY BUILDING OUR FUTURE

CELEBRATING 2024 ACHIEVEMENTS

MISSION STATEMENT

The Northern Middlesex YMCA offers a path toward a fuller more productive life. The YMCA will provide to a broad spectrum of our community, high quality programs, services, and facilities that improve individual and family life, encourage healthier lifestyles and assist youth in developing into responsible adulthood.

BOARD OF DIRECTORS

SERVED WITH DISTINCTION

2024-2025 Term

OFFICERS

Andrew Tanaka, Chair
Robert Parry, Vice Chair
Rohan Manning, Treasurer
Kelly Smith, Secretary

DIRECTORS

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Philip Cacciola
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Karen Warren
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Woodbridge A. D'Oench *
Sigrid B. McWilliams

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SERVING WITH DISTINCTION

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Senior Program Director
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Director of Healthy Living
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Director of Youth & Camp



All Together Better: Celebrating Our Success, Building Our Future

The Northern Middlesex YMCA represents the very best of what a community can be compassionate, committed, and united behind a powerful mission. Every day, dedicated employees, passionate volunteers, and thousands of individuals walk through our doors, working together to help children, youth, and adults thrive.

At the Y, people come to get healthy, build connections, and support one another — because overwhelmingly, Y people care. They care about well-being, about community, and about creating a future where everyone has the opportunity to grow and belong.

And now, our Y has a remarkable story to tell — and an even more exciting chapter to write.

After years of bold visioning, planning, and connecting with generous donors, we launched our **All Together Better Capital Campaign** —a once-in-a-generation initiative to renovate, expand, and preserve our historic facility. This transformational project will ensure that our Y is prepared to meet the needs of future generations by modernizing a facility that will soon celebrate its 100th birthday.

In 2024, under the leadership of campaign chairs **Kelly Smith** and **Rich Carella**, and with the incredible efforts of a dedicated volunteer team, we've raised an astounding **$15 million of our $16 million goal**.

Major gifts from the **Liberty Bank Foundation ($1 million) and DECD Community Investment Fund ($8 million)** propelled us forward, and today, the dream is within reach.

Now, we enter the final phase: the **public fundraising campaign**. With just $1 million to go, we are calling on the strength of our community — on people like you — to help us cross the finish line.

We invite you to be part of something bold.

Your support will shape the future of the Northern Middlesex Y — creating modern, inclusive spaces that promote wellness, foster connection, and help our youth reach their full potential.

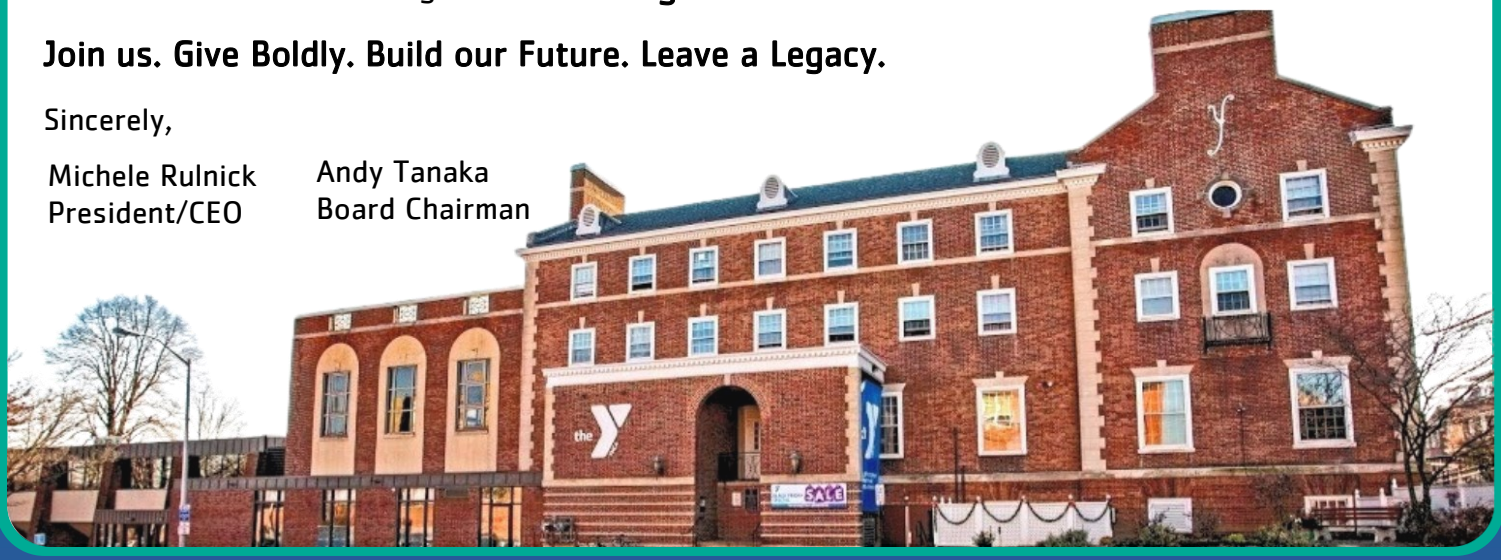
Faith in good people has always been our inspiration, and we know that together, we'll reach this milestone. Let's finish strong. Let's be **All Together Better**.

Join us. Give Boldly. Build our Future. Leave a Legacy.

Sincerely,

Michele Rulnick
President/CEO

Andy Tanaka
Board Chairman



2024 YEAR IN REVIEW

103
PRESCHOOLERS PREPARED FOR KINDERGARTEN IN OUR SCHOOL READINESS PROGRAM



726
SWIM LESSONS TAUGHT TO 470 PARTICIPANTS





2154
HOURS SERVED BY **137** VOLUNTEERS

24
CANCER SURVIVORS REGAINED STRENGTH IN THE LIVESTRONG at the Y PROGRAM

1,017
MIDDLE & HIGH SCHOOL MEMBERS



788



INDIVIDUAL DONORS, BUSINESSES & FOUNDATIONS MADE CONTRIBUTIONS TO OUR ANNUAL FUNDRAISING CAMPAIGN

42,297
MEALS & SNACKS SERVED TO 496 YOUTH IN CHILDCARE



159
YOUTH SPORTS PARTICIPANTS



123,860

MEMBERS CHECKED IN
TO STAY HEALTHY & GET CONNECTED



77

MEN WERE
HOUSED
IN THE YMCA
SCHWARZ
RESIDENCE
FOR MEN

$468,000

DOLLARS
RAISED IN
2024



159



FAMILIES RECEIVED
MEMBERSHIPS
THROUGH OPEN
DOORS FINANCIAL
ASSISTANCE

$155,451

FINANCIAL ASSISTANCE
FOR 450
CAMPERS
FROM
326 FAMILIES FOR
#BESTSUMMEREVER
YMCA CAMP
INGERSOLL







$91,199

FINANCIAL ASSISTANCE
FOR 207 WORKING
FAMILIES USING YMCA
CHILDCARE PROGRAMS

1,366

CAMPERS BUILT
CONFIDENCE AT YMCA
CAMP INGERSOLL

From Preschool to Personal Bests:

A Y Family Story



When Jomikka was looking for the right preschool for her daughter 14 years ago, she chose the YMCA for its nurturing environment and strong early childhood program. After seeing how welcoming and community-focused the Y was, she made a decision that would shape her family's future: instead of joining a traditional gym, she became a Y member.

Since then, the Y has become a part of three generations of her family. Not only have both of her children gone through Y preschool, but Jomikka's mother has also worked out here, making the Y a place where health and connection span across generations.



Now, more than a decade later, Jomikka and her son Daveon are regulars in the Y's fitness center. Daveon is a year-round basketball and football player who also spends time in the gym shooting hoops and has recently expressed interest in learning how to swim. They train together three days a week, and on other days, Jomikka is up early to fit in her own workouts—or comes back in the evening after helping him reach his goals.



"I love that we can be here together," Jomikka shares. "It's helped us bond in a different way. I'm showing him how to take care of himself—not just for sports, but for life. And it motivates me to keep going too."

Both of Jomikka's children have gone through Y preschool, and over the years, the YMCA has become more than just a fitness destination—it's a trusted partner in raising confident, active, and resilient kids. The welcoming environment and supportive staff have empowered her to take ownership of her own health, while giving Daveon a space to grow, train, and thrive.



Families like Jomikka and Daveon's find a lasting home at the Y because it offers more than just programs—it offers a pathway through every season of life. From preschool classrooms to open gym time, swim lessons, teen-friendly fitness spaces, and family membership options that make it all accessible, the Y helps parents and children stay active, healthy, and connected. Whether it's building early confidence or personal bests in the weight room, the Y is there for the journey.

A New Path Forward

Reclaiming Health Through the YMCA's Community Wellness Programs



For years, Patricia struggled to lose weight and manage her health. "I felt stuck," she recalls. "No matter what I tried—diets, programs, workouts—the results never lasted. I was depressed and tired of trying."

The cycle is all too familiar. Between fad diets, social media influencers pushing quick fixes, and rushed medical appointments that often result in a prescription pad rather than a personalized plan, many people with prediabetes or diabetes feel overwhelmed and under-supported. That's exactly where the YMCA's Diabetes Wellness Program -a 12-week, grant-funded initiative—steps in.



Led by Healthy Living Director/Nutritionist Jewel and Healthy Living Coordinator/Personal Trainer Lexi, the 12-week program offers a different approach—rooted in science, empathy, and steady progress. "We take the time to build trust," Jewel explains. "Over three months, we help people unlearn years of misinformation and understand how their body truly works. We teach the science of how the body processes sugars, the importance of pairing carbohydrates with protein, and how to make small changes that add up to big results."

For Patricia, those changes meant everything. With the support of Jewel and Lexi, she lost 65 pounds, and now walks 14,000 to 17,000 steps a day, and dramatically improved her blood sugar levels. "They taught me portion control, strength training, and how to stay motivated. I feel happier, stronger, and more confident. I've learned lifelong habits—I'm not going back."

She's now a YMCA member continuing her wellness journey through the Y's 8 week Weight Wellness Program, using the Redprint app to keep up with her strength workouts independently.

Paulette Bacon, a YMCA member since 2001, shares a similar story. After receiving a prediabetes diagnosis, she heard about the program through Lexi during an Aqua Stride class. "I had been trying to lose weight for years without success. This program addressed the issues at the core," Paulette says. "It felt like the missing piece I had been searching for."



Since completing the Diabetes Wellness Program, Paulette has continued with personal training and transitioned into LIVESTRONG® at the YMCA, a program for cancer survivors. Her wellness routine is now holistic—blending water exercise, balance, strength training, and nutrition guidance.

The program's success lies not just in education, but in celebration. "With each small win, our participants build confidence," says Jewel. "It's a joy to see someone light up when they realize they're finally seeing results-after 20, 30, 40 years of frustration."



Beyond the lab numbers and lowered medication dosages, the YMCA's Diabetes Wellness Program is giving people their lives back—and building stronger families and communities along the way. As Jewel puts it, "The Y provides so many opportunities for physical strength and community connection. When we add the missing piece—nutrition—we help long-time members unlock even greater results from everything they do here."

SOCIAL RESPONSIBILITY IN ACTION

Bold Acts, Big Impact: Strengthening Community Connections

In 2024, the Middlesex YMCA continued to show up boldly for the community–participating in events like the PRIDE Parade, Juneteenth Celebration, and Middletown Health & Safety Day. Through partnerships with schools, nonprofits, and civic leaders, we expanded access to youth programs. A collaboration with the Governor's Partnership for Prevention brought safe medication disposal resources to families, and DEEP grant-funded swim lessons gave children essential water safety skills. Thanks to 788 generous donors, businesses, and foundations, we raised $468,000 to support financial assistance, youth development, and community wellness. Every initiative reflected our mission: to help all individuals grow stronger in spirit, mind, and body.



Bold Acts, Big Impact: Supporting Stability and Hope



In 2024, the Y provided safe, supportive housing for 77 men, many facing economic and health-related challenges. Through our partnership with Gilead Community Services, Health Navigators met regularly with residents to connect them to wellness and mental health resources. To further support stability, the Y offered access to an on-site food pantry and provided financial assistance for housing fees, helping residents take steps toward independence and well-being.

Bold Acts, Big Impact: Empowering the Next Generation

In 2024, the Middlesex YMCA supported local teens with bold, life-shaping opportunities. Through Andre's All Stars, teens received free one-year memberships, funded by NBA player Andre Drummond, with full access to the Y and Teen Nights. Grant-funded enrichment programs engaged 58 Beman Middle School students in hands-on activities like cooking, eSports, chess, codebreakers, storytelling, leaders club and The EDGE: Tools for Success program helped teens build job skills, earn certifications, and gain mentorship. Together, these programs promoted wellness, confidence, and a strong foundation for the future.



2024 FINANCIAL REPORT

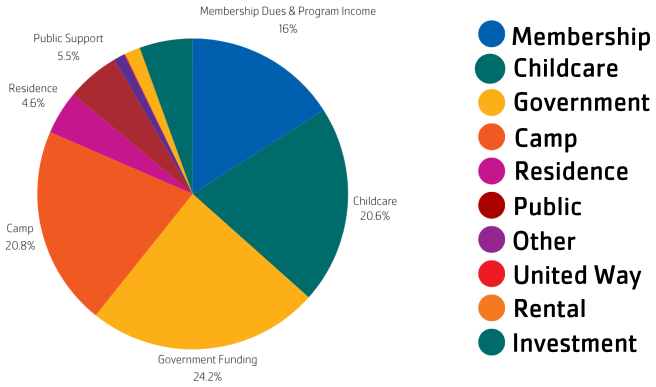
REVENUE

Membership Dues & Program Income	$ 1,211,776
Childcare	$ 1,567,122
Government Funding	$ 1,834, 826
Camp	$ 1,578,391
Residence	$ 346,010
Public Support	$ 417,829
Other Income	$ 87,943
United Way	$ 7,999
Rental Income	$ 123,579
Investment Income	$ 420,867
Net assets released from restrictions	———
Total Public Support and Revenue	**$8,707,620**

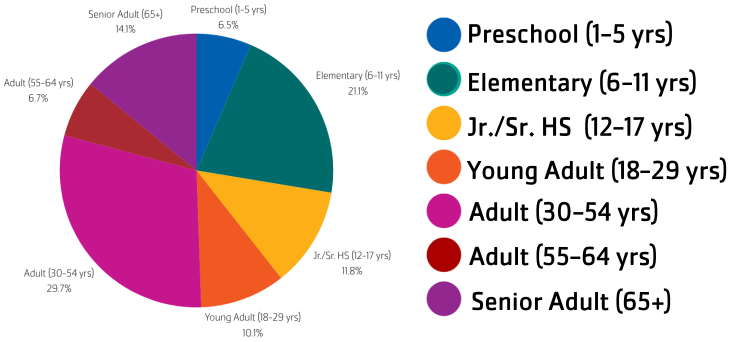
EXPENSES

Youth & Family Services	$ 3,525,638
Membership Services	$ 2,166,669
General & Administrative	$ 919,532
Fundraising	$ 219,711
Total Expenses	**$ 6,831,550**
Change in unrestricted from Operations	$ 1,876,070
Total Other Income	$ 286,187
Change in Net Assets	**$2,162,257**
Net Assets – December 31, 2023	$15,093,887
Change in Net Assets	$ 2,162,257
Net Assets – December 31, 2024	**$ 17,256,144**

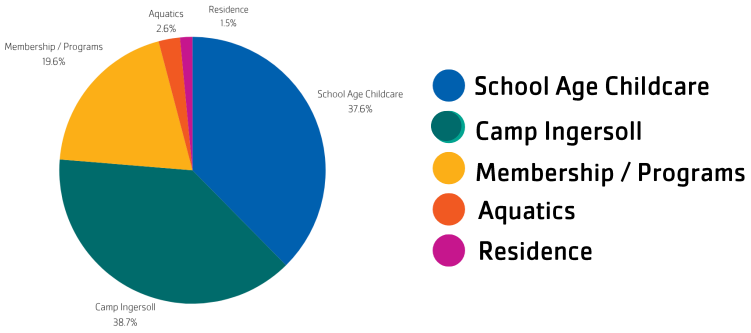
2024 SOURCES OF REVENUE



2024 MEMBERSHIP CONSTITUENCIES



2024 OPEN DOORS ASSISTANCE AWARDS



HERITAGE CLUB MEMBERS

Salvatore Barone*
Kendrick Bellows*
Mal Bochner
Susan Bransfield
George Brown Jr.
Sally Brunson
Carol Buchanan
Eileen Burke
Gerald Burke*
Harry Eben Burr
Pauline Butler*
Joan Cambria*
Margaret Coe
Elizabeth Davis*
Nancy & Woodbridge * D'Oench
Brian DiBella
Arthur Director*
Ed Drysgula Sr. *
Janet & William Evison
Julie Flagg
Barbara* & Richard Gibbons
Lillian & Welles Guilmartin
Deborah Hager
John Hall
Joyce Hatton Yarrow
Marcia & David Kalayjian
Johanna Kerr
Ronald Klattenberg
Irwin Knafel
Joan A. Kowack
Nancy Liddell
Francine & Jon McKiernan
Jane McMillan *
Sigrid McWilliams
Amy & Bruce Parmenter
Pamela Rehrig & Jay Keiser
Robert W. Rice*
Linda Rigono
Dolores Scrivano*
Irene & Allen Silberstein
Helen & Irwin Sitkin
Kelly Smith
Robert Spencer
Joan* & Charles Stone, Jr.*
Kathy & Frank Sumpter
Joan & Richard Tomc
Patti Anne Vassia
Dorothy* & Michael Waller*
Nancy Zimmer
* Deceased

Membership in the Heritage Club simply requires a commitment of a gift (now or in the future) that will benefit the Endowment Fund to ensure that the Northern Middlesex YMCA stays strong for future generations. Donors may restrict their gift to benefit a particular program and/or capital project.

2024 DONOR HONOR ROLL

Foundation, Community Partners & Business Donors in **BOLD**

VISIONARY–$10,000 +

Community Foundation of Middlesex County, Inc.
Drummond Family Philanthropic Fund
Middlesex United Way
Peach Pit Foundation
CHEFA State of Connecticut and Educational Facilities Authority
The Ingersoll Outdoor Center Fund
Traveler's Championship Birdies for Charity with Webster Bank

FOUNDER–$5,000 > $9,999

Margaret Coe
Estate of Elizabeth Davis
Lillian & Welles Guilmartin
Mary Ellen & Steve Jones
Sharon & Michael Kearney
Liberty Bank
Lower CT River Valley Council of Gov.
Nancy & John Meyers
Thomas Nosal
Gail Reen
Carol Buchanan & Thomas Reiner
Sgt. George Dingwall Golf Tournament
State of CT DEEP
Barent Ten Eyck
The Governor's Prevention Partnership

CORNERSTONE–$1,000–>$4,999

The Atlantic Wealth Advisors
Dr. Anne Bingham & Ted Esselstyn
Bob's Discount Furniture Charitable Foundation
Johanna Bond
Bristol-Myers Squibb Foundation
Marie & Phil Cacciola
Marilyn Cacciola Litman
Tamara & Richard Carella
Comcast Corporation
CT Custom Aquatics, LLC
Michael D'Aquila
Robert Davie
Edythe & Arthur Director Family
YMCA Camp Ingersoll Fund
Robbin Eliason
Carol & George Gilbert
Ann & John Grybko
Susan & John Hall
Nancy & Birtus Hall III
Joan D. Hedrick
Linda & Ken Heidorn
Hubert E. Butler Construction Co.

CORNERSTONE (continued)
Carol Jozus & Ivar Jozus*
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MCEJV, LLC
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Andrew & Emily Milliken
Robert Parry
Rose Persico
Gail & David Porteus
Tom Acari QA+M Architecture
Andrew Tanaka & Becca Reader
Linda Rigono
Cora Rodenhizer
Michele & Michael Rulnick
Joseph Samolis
Cheryl & Robert Silliman
Kelly Smith
Sharon Smith
Suburban, Inc
Cindy & David Sullivan
Susan Colby & Arthur Taylor
Ubeo

AMBASSADOR–$500 > $999

Patti Anderson
Mary Rose & Bob Barone
Jen Benn
Sandra & Raymond Bourret
Jamie Bruce
Cans-4-A-Cause of Greater Middletown Inc.
Vincent Capece
Lisa & Blake Carter
Controlled Air Inc
Andree & Steve Rickenbacher Corr
Candace Crane
Cushman Family Charitable Fund
Diversified Building Services
Nancy D'Oench & Woodbridge D'Oench*
Durham Manufacturing Co.
Susan Dutcher
EIS Foundation, Inc.
Fowler's AutoWrecking Inc
Frontier Communications Community Services Fund-Central Region
Betsy Gordon
HD Supply
Karyn Hurlbert
Maureen O'Connor & Lee LeBlanc
Dr. Andrea Malon
Christine Mariano
Lois & Ronald McCutcheon
Andy McDermott
Nancy & Paul McKeon
Francine & Jon McKiernan
Nicholas Milo

AMBASSADOR (continued)
Sandra Olsen
Leisa Pasquariello
Mary & Louis Pear
Rose & Daniel Petronella
PTSMC Middletown Physical Therapy and Sports Medicine Center
Martha & Erin Rennie
Karla Rodriguez & Michael Ford
Betsy & Brent Schroeder
Robert Ryan Scott
Deborah Seligmann
Benjamin Silliman
Traffic Logix
Kari Weil & Michael Roth
Whittlesey
Frantz Williams
United Way Waterbury

CRESCENT–$250 > $499

Daniel Bourret
Jeremy Bourret
Diane Bradanini
Dawn Brodeur
Lydia Brewster & Spencer Brewster*
Megan Bush
Gary Capitanio
CARHAR, LLC
Jerome Carnegie-Hargreaves
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Sherri Condon
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Pamela & Samuel Crum, Jr.
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Katie & Ben Daigle
Eversource Energy
Betsy & Brian Gauthier
Stephanie Heil-Grover & Mark Grover
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Pamela Rehrig & Jay Keiser
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Paige & Robert McMullen
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Dr. Wilfredo Nieves
Stanislaus & Kayoko Opalacz
Russell Outler
Marama & David Pramanik
Gail & Dan Reynolds
Theodore & Ruth Rossi
Dan Schmidt
Deborah Shapiro
Uncle Bob's Flower & Garden Center
Lorraine Yu

Barbara Adams
Jaime Adkins
Victor & Marjorie Adler
Katherine Allocco
JD Altobello
Roy Alton
Altrusa Intl.-Central CT
Sheila Anastas
Ethel & Lawrence Anderson
Robyn Aponte
Zainab Asghar
Brad Ashbee
Tracey Asmus
Cameron Audia
Paul A. Augeri
Lisa Avery
Andrew Babineau
David Baird
Ryan Baldassario
Scott Bishel & Lynn Baldoni
Patrice Baldwin
Elaine & Stephen Bank
Brian Bankoski
Ryan Barber
Johannes Baris
Hannah Barnard
Stanley Barnette
Jennifer M Barone
Gabriela Bartyzel Sharon
Andy Bauer
Justin Beach
Brian Beaulieu
Ann Beaulieu
Matt Beckman
Kai Belton
Janice Bendall
Scott Bengston
Andrew Benoit
Celest Benoit
Maureen Benton
Deborah Berardi
Louise Berchulski
Ryan Bernardoni
Kristen Bernier
Betsy Bielefield
Steven Bishop
Nancy Bishop
Matylda Biskupska
Carolyn Bissell
Erin Black
Connie & Joe Blair
Brittany Blair
Deanne Bloking
Blue Goji LLC
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Mary Boland
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Jennifer Bouffard
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Bowman Family
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Charlene Breen
J Phillip Bresson
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Lee Bria
Lorretta Brill
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Raymond Brophy
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Katelyn Brownell
Sally Brunson
Lois Bukowiec
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Tracy Burger
Ramona Burkey
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Robert Capitanio
Richard Capitanio
Ronda Capitanio
Helen & Tony Capizzi
Joe Caproni
Joe Carasone III
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Allan & Nancy Carlson
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Nicholas Cavaliere
Michael Cavaliere
Maria Cavalieri
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Sonya Ceuch
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Gabriel Chavez
Lois Chenard
Susan Chenard
Patty & Rob Chill for Change
Jimmy Choi
Carlos Ospina & Claudia Builes
Patricia Claussen
Irene Cobb
Ryan Cole
Ann Marie Colebrook
Jeremy Conant
Teresa Concannon
Connecticut Lighting Centers
Demetra Connolly
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Candice Cori
Agnes Cornwall
Carla Correia
Joan Coughlin
Cindi Coutu
Patty Coviello
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Gabriella Crean
Tracy Cummings
Evan Cunningham
Kevin Curry
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Mary Alice Czernicki
Kristie Dadinos
Carolyn Daniels
Alisa Daniels
Beth Daniewicz
Paula D'Aquila
Thomas Darby
Ed Deane
Harrison Deane
Alexander Deckard
Joseph Decker
Daniel DeFrancesco
Rosemarie Dennis
Ann C. Derbacher
Luke DeToro
Jen Devanny
Nancy Diaz
Sean Diaz
Andrew Diaz
Brian Dibella
Jeff Dill
Adrienne DiMauro
Alyssa Diulio
Faye Drachenberg
Dawn Dubay
Allie Dugan
Melissa Duksis
Laura Duncan
Nancy Earls
EG Salon
Katie Egan
Alex Einhorn
Leslie Eisemann
Alma & Robert Elder
Theresa Eldredge
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Elizabeth Emery
Villa Esguerra
Stephen Mercer & Melissa Estrella
David Evans
Rosemarie Evans
James Farina
Salvatore & Donna Fazzino
Kyle Feeley
James & Melissa Felter
Olivia Fickett
Sonia Figueroa
Daria Filar
Joan Filosa
Kimberly Fischburg
Margaret For
Lindsay Fornaciari
Amy Freeman
Laurie Frenzel
Lorine Fulton
Jillian Funk
Rosemary Furst
Carmel Furtado
Kait Gable
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Adam Galgano
Nic Gamberale
Heather Garcia
Natalie Garrison
Jonathan & Lauren Geary
Gary Geary
Thomas and Evelyn Gezo
Richard T & Barbara Gibbons
David & Terry Gilbert
Molly Gyorog
William Hall
Kimberly Hardesty
Sarina Harger
Shalynn Hartley
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Amanda Hassett
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Jennifer Goldman
Rebecca Goldy
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Amaris Gomez
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Veronica Grimes
Jody Grosso
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Monita Herbert
Brittany Herbert
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Deborah Horan
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Emma Huntington
Abi Huntington
Judith & David Hurlbert
Amy Indino
Jackie & Jeff Ivans
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Divine Jackson
Robert Jakubiec
Brandon Janelle
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Leonidas Jones
James Jones
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Robert Kiernan
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Orsi Korman
Nicole Kornas
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Dawn Kovacs
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Katrina Lassegard
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Ray LaVoy
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Lamar Leak
Alexander Learned
Bonnie Lees
Robert Lemire
Chris Lemmon
Virginia Lentini
Michael Leone
Jodi Levesque
Benjamin Levin
Nancy Liddell
Dianna Lindholm
Audrey Livingston
Sarah Lloyd
Amanda & Brett Looker
Yvette Lopez
Amie Lopez
Mikaela LoPriore
Cheryl & David LoPriore
Lee Lopriore
Jacqueline Lovett
Glen Ludden
Sarah Luft
W. Sophie & Lawrence Lundigan
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Christine Maffucci
Thanh Mai
Anthony Majewski
Shaun Malin
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Daniel Marino
Hayden Marrero
Christine Marrero
Amy Martinez
Kerri Martinez
Jennifer Martinez
Martinez Measurements, LLC
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Shannon Mayer
Susan McCann
Will McCarthy
Wayne McCarthy
Wendy McCloskey
Crystal L. McEwen
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Jim McKinnon
Jennifer McKinnon
George & Marianne McKinnon
James McKinnon III
Judith McLaughlin
Katherine McRae
Patrick J Meaney
Karen Meiman
Clara Mena
Sonia Mercado-Gomez
Wayne Mergel
Matthew Mesite
Jim & Leah Meyer
Travis Meyers
Sonia Michalatos
Brian & Susan Michel
Rebecca Migliaro
Barbara Miller
April Miller
Alex Miller-Davey
Mitchell Milone
Diane Mischke
Travis Mistretta
Pretesh Mistry
Amratlal Mistry
Tom Monahan
Sylvia Monroe-Holland
Julian Morales
Jenelle Moriarty
Erin Mostoller
Susan G. Motycka
Mark Murphy
Maureen Murphy
Lisa Murphy
Thomas Murray
Maegan Musanti
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