



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAPE COD

2026 Board of Directors

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OFFICERS

Allison Makkay Davis- **Chair**

Jason Bordun- **First Vice Chair**

Beth Mitchell **Secretary**

Sean Kelly- **Treasurer**

MEMBERS

Dave Bennett

Stephen Clay

Cate Brand

William Crowell

Dennis Ducharme

Zachary Karmen

Brian Keck

Janice Kinder

Janet Paninski

Anastasia Perrino

Christine Parent

Anne Preisig

Alexander Roan

Eric Raines

Erin Russell

Rebecca Thomas

DAVE BENNETT

David Bennett has over 44 years of experience as a professional geologist and hydro-geologist in the fields of petroleum exploration (1978-1985) and environmental protection inclusive of site assessment, water supply development, resource protection and waste site cleanup (1985-2020). Since 1992, Dave has been a principal and owner of Cape Cod-based professional consulting firms providing engineering and environmental services prior to retiring in 2020. Dave earned his degree at Franklin & Marshall College in Pennsylvania and is a two time inductee in the F&M Athletic Hall of Fame as a member of the 1972 and 1974 undefeated football teams. Dave's public service includes membership with the Dennis-Harwich Lions (President 82-84), Brewster Chamber of Commerce (President 2012-2017) has been a YMCA Cape Cod Board Member since 2018 and serves as Chair of the Camp Lyndon advisory board.



JASON BORDUN

For more than 25 years, Jason Bordun has been a professional in the technology field including the past 18 years at The Cooperative Bank of Cape Cod. In his current role as Vice President & Information Systems Manager, Bordun manages a critical team that implements and operates all technology systems for the Bank.

Bordun served honorably in the United States Marine Corps before graduating from Cape Cod Community College and the University of Massachusetts at Dartmouth. He currently volunteers with Barnstable Little League, as a board member & coach, and supports other local non-profits including Cape Abilities and Heroes in Transition. He and his wife Jocelyn live in Centerville.

STEPHEN CLAY



Steve's connection to the YMCA began at the age of five when he accompanied his father to volunteer to paint the dining hall at the Brockton Y's summer camp. A graduate of Ohio Wesleyan University, Steve began his career as a high school teacher and coach. He spent summers as the Camp Director at Camp Yomechas before going full-time as the Youth & Camping Director at the Old Colony Y in 1978.

During his career at the Y, Steve served as the President and CEO of the Hockomock Area YMCA from '82 to '93. As well as the President and CEO at the YMCA of Greater Springfield, from '93 to '07. He retired from YMCA work in 2007 and led a real estate team on Cape until retiring again in '23.

In 2014, Steve joined the YMCA Cape Cod Board of Directors and has served on several committees. Most recently, he co-chaired the Community Phase of The Don & Dottie Smith YMCA Capital Campaign alongside his wife, Mary Beth. Steve and Mary Beth live in Falmouth and enjoy spending time with their six grandchildren, who have all benefited from programs at their local Y's

CATE BRAND

Cate is the Executive Director at VNA of Cape Cod, and has been leading a team of dedicated healthcare professionals for over nine years. Her mission is to provide high-quality, patient-centered care to the community, leveraging an advanced degree in Registered Nursing with skills in IT strategy, data analysis, and analytical thinking. She is passionate about improving health outcomes and enhancing the quality of life for patients and their families. Cate is committed to fostering a culture of collaboration, innovation, and excellence within the organization.



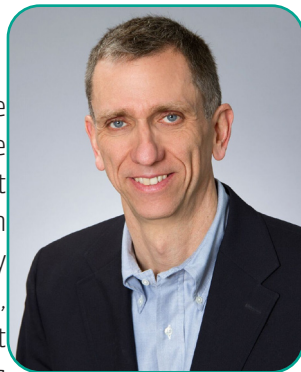
ALLISON MAKKAY DAVIS



Allison Makkay Davis brings over 20 years of experience in the communications and broadcasting industry to the YMCA. As the owner of Makkay Broadcasting group she operated a cluster of three radio stations (WPXC, WRZE and WCIB). She later served as Market Manager and Market President at Quantum Communications and iheartMedia respectively. Allison serves as a Board Member of the Cape Cod Times Needy Fund. She joined the YMCA Cape Cod Board in 2017 and currently serves as the 1st Vice Chair. She has jumped in with both feet chairing the Head Start Committee, and previously serving as the Second Vice Chair and Secretary. Allison holds a BA from Smith College and an MBA from Dartmouth College, the Tuck School of Business at Dartmouth.

WILLIAM BRADFORD CROWELL

Brad earned a B.S. at the U.S. Merchant Marine Academy in Kings Point N.Y. and a master's degree in transportation and oceans systems management at the Massachusetts Institute of Technology in Cambridge MA. Brad has been active in many civic organizations; the Cape Cod Commission, Barnstable County Economic Development Commission, Cape Cod Metropolitan Planning Organization, Cape Light Compact (board member), Cape Cod Regional Technical High School Committee, and the Dennis Water District (moderator). He is the co-founder of Riptide Running Cape Cod, a USA Track and Field youth running program. Brad joined the YMCA Cape Cod Board in 2018, and currently serves as the Board Chair, is a member of Executive Committee and leads the effort to bring a YMCA to the Lower Cape. Brad and his wife Kim are the proud parents of three children.



DENNIS DUCHARME



Dennis Ducharme embarked on a journey to create the premier vacation ownership experience in the Northeast. More than 30 years later, InnSeason Resorts is the largest independent vacation ownership developer and operator in the Northeast and one of the largest in North America. Dennis has been serving on the Y Board since 2011 and is a past Board Chair. Currently Dennis Chairs the Falmouth Facility Development Committee working alongside a dedicated group of local development experts to bring a YMCA Facility to the Upper Cape. Dennis also chaired the annual campaign.

ZACHARY KARMEN

Zach joined our board in 2019 but brings many years of service from the Downtown Syracuse, NY YMCA. Zach graduated from the University of Buffalo and earned his law degree at Syracuse University. He was legal counsel for the Onondaga County Department of Social Services. Zach has been focused on fundraising efforts to bring a Y to the Upper Cape area. He lives in Falmouth and his grandchildren attend the YMCA Early Education Center at the North Falmouth Congregational Church. Zach is a member of the Head Start Committee, the Upper Cape Advisory Board, and the Upper Cape Governance Committee.



BRIAN KECK

Brian has 40 Years of retail and consumer packaged goods experience. Prior to his retirement in 2014, he was Ex. Vice President Chief Administrative Officer for ConAgra Foods Inc. and previously was President and Chief Operating Officer for Macy's Midwest Division



Brian has a lifelong history of giving back to his communities as an active volunteer and Board member for several nonprofit organizations. Since moving to Falmouth in 2015, he has volunteered at the Falmouth Service Center serving on the Board for 9 years, the last two of which he was the Board President. Currently he is a member of the Falmouth Fund Advisory Council and until 2022, he served on the Marine Biology Laboratory Advisory Council (MBL). Prior nonprofit board memberships include the United Way of the Midlands, the ConAgra Foods Foundation, St Louis Civic Progress, the St Louis Science Center and the United Way of Greater St Louis

Brian received a bachelor's degree from Muhlenberg College and his master's degree from Syracuse University

SEAN KELLY



Sean Kelly is a Vice President and Portfolio Manager and has been with Rockland Trust since 2016. Sean has worked in the financial services industry since 1996. Prior to working at Rockland Trust, Sean held positions at the Kaleel Company, Inc. as well as Deutsche Bank Securities, Inc. Sean is a Certified Financial Planner professional, and has his FINRA 7, 63, & 65 licenses. Sean received a B.A. in Psychology from Amherst College.

Sean has been a member of the Finance Committee since 2018. but joined YMCA Cape Cod's Board of Directors in 2025 and currently serves as the Treasurer. Sean currently resides in Plymouth, MA with his wife and three children.

JANICE KINDER



Janice first joined the YMCA Cape Cod Board in 2011 and returned in 2019. She is a certified executive coach and organizational development professional specializing in leadership development and capacity building. Janice excels at aligning people, processes, and learning with mission, values, vision and goals. She is the President of Work Places Can Work. She is a graduate of Williams James College (formerly Massachusetts School of Professional Psychology) with a master's level certification in executive coaching. Janice holds a bachelor's degree from Bridgewater State University and attended graduate school at the University of Rhode Island as well as the UMass Dartmouth MBA program. She is specifically trained in Organizational and Relationship Systems Coaching (ORSC) as well as in Gestalt. Janice currently serves as the Chair of the Governance Committee. She lives with her husband James Crockett in Marston's Mills.

BETH MITCHELL

Beth joined Children's Cove in 2018 as the Child Exploitation Case Manager / Forensic Interviewer and became Deputy Director in 2021. In her current role, she supervises a team of staff committed to supporting families that have experience abuse. She works with several investigative agencies to ensure a team- approach to abuse allegations. Beth graduated from Southern New Hampshire University with her master's degree in Community Mental Health Counseling and has worked in the human services field for over ten years. Beth's experiences have included child protection work, individual therapy, and mental health crisis evaluation. In these roles, Beth has learned to think on her feet while being focused on best practices in managing cases of Child abuse.



JANET PANINSKI

Janet (Jan) Paninski is a retired nurse anesthetist. She graduated from Syracuse University having received an Army scholarship and went on to spend twenty years in the military. She received her MS in Nurse Anesthesia from the University of Buffalo and the US Army Academy of Health Sciences. She and her husband raised two sons while stationed in Germany, DC, Hawaii, California, Washington State and finally returning home to Massachusetts. She has been a member of the Y for years, having learned to swim at a Boston YMCA as a child. She currently is the chairperson of the DDS Advisory Board and has been on the Cape Cod YMCA Board of Directors since 2025. Jan and her husband live in Falmouth.



ANASTASIA PERRINO



Anastasia Welsh Perrino is the Barnstable County Register of Probate, and has been elected three times, first in 2008 and again in 2014 and 2020. Prior to being elected as Register of Probate for Barnstable County, she served as an Assistant Register/Assistant Judicial Case Manager at the Barnstable Probate and Family Court for five years. Before her work at the Court, she practiced law for fourteen years on the Cape. Anastasia received her undergraduate degree from Boston College and her law degree from Suffolk University Law School. She graduated from Dennis-Yarmouth Regional High School and has lived in Dennis for over thirty years with her husband. She joined the YMCA Cape Cod Board in 2024 and serves on the Head Start Committee.

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EMPOWERING YOUNG PEOPLE TO
REACH THEIR FULL POTENTIAL

FOR HEALTHY LIVING

IMPROVING INDIVIDUAL AND COMMUNITY WELLBEING

FOR SOCIAL RESPONSIBILITY

PROVIDING SUPPORT AND INSPIRING
ACTION IN OUR COMMUNITIES

CHRISTINE PARENT

Christine Parent is a Cape Cod native and currently resides in Marstons Mills. After graduating from Barnstable High School she received her business degree from Saint Michael's College. Post college she lived and worked in the Boston for 5 years then returned to Cape Cod to raise a family.



She has been with the Commercial Team at Cape and Coast Bank for 14 years. Prior to that she was the Operations Manager for Cape & Plymouth Business Magazine. She is serving her 3rd year on the Board of the Cape Cod Art Center, prior President and Treasurer. She has also served on Cape and Coast Bank's Giving Board and as President of the Barnstable Boys Volleyball Booster Club. She recently graduated from the New England School of Financial Studies.

In her free time she enjoys spending time with her family and friends, going to the beach and golfing.



Did you know...
Over 50% of campers received financial aid in 2025?

ANNE PREISIG

Anne is a graduate of Yale University and Harvard Law School and was an associate at a Boston law firm before she decided to make a career change to a professional athlete. She was an Elite National Duathlon Champion, USA Track and Field Olympic Trial Provisional Qualifier, and Amateur National Triathlon Champion. Anne is now a coach and personal trainer and works with athletes of all ages.



She joined the YMCA Board in 2019 and served on the YMCA's Falmouth Community Committee, has worked on the Crisis Communications and Real Time Strategic Plan task force and was the Chair of the 2019 Annual Campaign. Anne was the first Chair of the Upper Cape YMCA Advisory Committee. Her husband Jim, serves on the Upper Cape YMCA Facility Committee. She has a daughter and a son, both of whom were competitive swimmers. She is excited about the positive impact a new YMCA branch will have on the Upper Cape community.

ALEXANDER ROAN

Alex is an intellectual property attorney and has been with Mintz, since 2017. Alex assists life sciences and technology companies of all sizes with a wide variety of domestic and foreign intellectual property matters.



Originally from Wareham, Alex is an alumnus of the Cape Cod Swim Club and swam collegiately for Georgia Tech while pursuing his undergraduate degree in Mechanical Engineering. Alex is currently a member of YMCA Cape Cod's Risk Management Committee. He has also been involved with fundraising efforts for The Don & Dottie Smith YMCA and is particularly excited about the access to aquatics the facility will bring to the Upper Cape community. Alex currently resides in Weymouth, MA with his wife Angele.

ERIC RAINES



Eric is a retired Senior Ombudsman Specialist with the Federal Deposit Insurance Corporation (FDIC), where he worked across risk management, compliance, and receivership disciplines. In this role, he oversaw Office reporting, served as a principal point of contact for the public and regulatory inquiries, and acted as a Bank Closing Representative, while also serving as a key liaison between bankers and the FDIC on banking industry issues.

Earlier in his career, Eric was a Senior Bank Examiner with both the FDIC and the Massachusetts Division of Banks, leading Information Technology and Safety and Soundness examinations, assessing risk management practices, and ensuring compliance with banking laws and regulations.

A graduate of the Questrom School of Business at Boston University, Eric brings over 40 years of experience in the banking industry. He serves on the YMCA Finance and Investment Committees. Eric is a Texas resident, during the summer months he and his wife reside in Sandwich, MA.



ERIN RUSSELL

Erin Russell is currently the Director of Behavioral Health and Care Management at Duffy Health Center. Since joining Duffy in 2022, she has worked to provide integrated behavioral health services and improve access to the behavioral health department. Erin has worked as a Master's level social worker since 2012 with experience in trauma informed care, co-occurring diagnosis, leadership, clinical supervision, case management, group programming and individual counseling. Erin earned a Bachelor of Science in Psychology from Bridgewater State University and a Master of Social Work from Boston University and is Licensed Independent Social Worker. Erin currently works with numerous other social services community agencies to enhance behavioral health and wellness for the Cape community.



REBECCA THOMAS



Rebecca has been a civil litigation attorney since 2002 with a primary focus in personal injury. She received her BA from Ursinus College and her JD from Temple University Beasley School of Law. She is a founding partner of the female owned law firm of Thomas and Wickenheiser, LLC, which has offices across Massachusetts, New Hampshire and Pennsylvania. Rebecca volunteers for the Y because she deeply believes in the Y's mission and values and its commitment to the community. Rebecca is the Chair of the Y's Human Resources Committee and the Executive Compensation Committee, a member of the Strategic Planning Committee, and was the Chair of the 2021 and 2020 Annual Campaign. Rebecca lives alone but is considered a second mom to her two beautiful nephews. One of Rebecca's favorite quotes is from Nelson Mandela: "There can be no greater gift than that of giving one's time and energy to help others without expecting anything in return."





YMCA CAPE COD

Our Mission is to serve the Cape Cod community by providing programs rooted in our core values of caring, honesty, respect, and responsibility that build a healthy spirit, mind, and body for all.

**100 Independence Drive, Suite 2, Hyannis, MA 02601
www.ymcacapecod.org**