

Press Release

FOR IMMEDIATE RELEASE

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Henderson Family YMCA Announces Resignation of CEO Paul Ross After 11 Years of Service

Henderson, N.C. — August 28, 2025 — The Henderson Family YMCA today announced the resignation of Paul Ross as Chief Executive Officer, effective this fall. After 11 years of dedicated service to the YMCA, Ross has accepted the position of Executive Director with the Triangle North Healthcare Foundation.

During his tenure, Ross guided the YMCA through growth, expanded community programming, and strengthened partnerships. Under his leadership, the YMCA has deepened its impact across Vance County and the surrounding region, furthering its mission to build healthy spirit, mind, and body for all.

“Paul’s vision and leadership have positioned the Henderson Family YMCA for a bright future,” said Vanessa Jones, Chair of the YMCA Board of Directors. “He has led with dedication, strengthening our programs, expanding partnerships, and ensuring the Y remained a cornerstone of health and wellness in this community. While we will certainly miss his leadership here, we celebrate his transition to Triangle North Healthcare Foundation, where he will continue to advance the same goals of improving health and quality of life across our region.”

Jones also highlighted the alignment between the two organizations: “The Triangle North Healthcare Foundation, which focuses on improving health and wellness across our region, has already committed support for the YMCA’s upcoming campus expansion and renovation. This project will enhance our facilities, expand services, and ensure the YMCA remains a vital hub for the community for generations to come. The collaboration between our organizations highlights the shared mission we pursue.”

The YMCA Board of Directors has begun the process of planning for a smooth transition in leadership. In the meantime, staff and volunteers remain committed to delivering the high-quality programs and services the community expects and deserves.