



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OUR BELIEFS SHAPE OUR FUTURE

**2011 Annual Report
SUMMIT AREA YMCA**



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WE BELIEVE in Our Mission...

to strengthen the foundations of community by nurturing and developing the potential of every child, promoting healthy living and fostering a sense of social responsibility in the community.

Dear Friends,

There is something both exciting and daunting about celebrating a 125-year anniversary. It's exciting to reflect on the thousands of lives that have been transformed by our Y since its founding in 1886. What started as small bible study center for young men on Springfield Avenue grew and adapted over time to meet the community's evolving needs. The creation of Camp Cannundus in 1935, launched our commitment to youth development. Our merger with the African American Lincoln YMCA in 1953 was a groundbreaking step in our pledge of social responsibility. The birth of the Summit Seals swim team added a new component to our healthy living mission and fostered the love of a sport for our kids that has kept them active and healthy well beyond their youthful competitive days. When we merged with The Learning Circle in 2005, we became the premier child care provider in area, helping parents raise their children to be responsible, contributing citizens as adults.

This storied legacy of service does bring with it an enormous sense of responsibility and obligation. People may not take the Y for granted but they certainly have come to expect us to be the steadfast foundation for the community; to depend upon us no matter what. That kind of expectation can be a little intimidating.

Fortunately for us, and for our community, we have been richly blessed over these 125 years with dedicated volunteers and donors almost too numerous to count. Some may be forgotten, names scattered in the winds, but the impact they have had the on community through the Y is long lasting and permanent. So, thank you to all of you who have so generously given your time, talent and treasure to the Y. Our foundations of community are stronger for your support and the Y is sure to be 125 years down the road.

Darrell E. Johnson



D Miller



TANIA'S STORY

"No attention span. Inability to sit down at a table and eat. Below age-level language skills. Tantrums when she doesn't get her way or is asked to take turns. Will only eat processed cheese and bananas. Introverted. Uncertain of herself. Several children in a single parent home" are the phrases used to describe four-year old Tania when she first joined TLC ten months ago.

Today, Tania's teachers proudly share how she has blossomed into a confident, independent, more attentive child who can sit down long enough to enjoy a 15 minute story and to eat a nutritious meal. Last week, when a little boy in Tania's class was making a fuss about eating his vegetables, Tania said, "We all belong to the

two bite club. Just try two tiny bites. Maybe you'll like them." Jimmy took her advice and ate his vegetables.

The moment speaks to the power of the Y to transform Tania into a caring, more secure child who believes her voice will be heard and who feels she has the language and ability to express herself. The financial assistance the Y provides enables Tania to grow and thrive by teaching her healthy eating habits and equipping her with sound social and life skills to help her have a happy, secure and connected life.



Youth Development

WE BELIEVE

that all children should be given the opportunity to reach their full potential in spirit, mind and body. **We're here to make that happen.**

CATCH is the Coordinated Approach To Children's Health.

Combating childhood obesity in the afterschool setting is one of our priorities. Together with the Horizon Foundation we work to keep children enrolled in our childcare programs, physically active in non-competitive afterschool sports, we teach them healthy eating habits and involve parents in decisions to keep them fit and eating healthy.



160

kids involved in CATCH, an innovative statewide anti-obesity initiative.

- **16%** of our students showed reduced BMI's.
- **11%** indicated a decrease in the consumption of sugary drinks.
- **15%** reported a decrease in their exposure to "screen" time (tv, computer, mobile devices).

900

volunteers raised their hands
and donated their time, talent
and treasure to help us make a
meaningful difference in the lives
of others.



3x

A dedicated volunteer Board,
stewards our organization, leads
by example, and are generous and
effective ambassadors of the Y.

Thank you to our volunteers for
donating their time valued at

\$292,388

100%

of our staff donated to the 2011
Annual Campaign which demonstrates
employees caring for others and
commitment to living their values in
support of our cause.

Each month more than

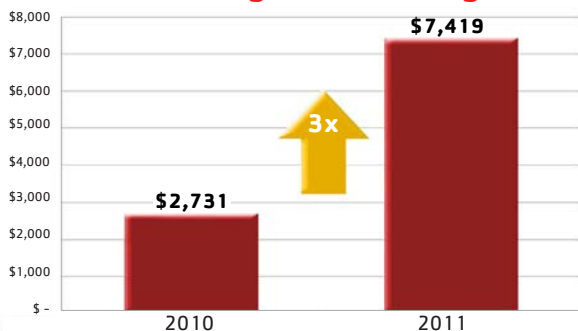
19,100

people come to our branches. Our Y is
dedicated to building healthy, secure,
confident, connected communities,
families and individuals.

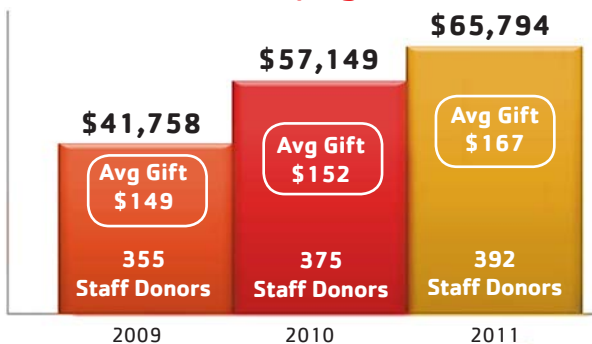
501 (c) 3

One of the area's leading non-
profits. The Y has an open door
policy - it is open and accessible to
all regardless of race, religion, age,
gender or financial circumstance.

Average Board Giving



Staff Campaign Results





\$425,000

or **\$10,625** on average in financial assistance to **40** families enrolled in our full time childcare programs helps struggling families go to work to earn a living to support their families.



582

kids were nurtured in our childcare programs which helped them learn, grow and thrive, as well as enabled single and working parents to go to work secure in knowing that their child was being well cared for.

LIVESTRONG® AT THE YMCA



LIVESTRONG®

35

participants in the LIVESTRONG® at the YMCA program which enabled adult cancer survivors to begin to reclaim their total health - in spirit, mind, and body and also had a positive ripple effect on the lives of their loved ones and families.



\$61,000

gifted in Summer Camp financial assistance which helped impact the lives of 89 children who otherwise might have been left unsupervised all day and at risk of getting in trouble.



\$35,000

in membership scholarships provided to **8** military families and **28** adults demonstrates our commitment to ensure all people in our community find connection, especially those families separated while defending our freedoms.



\$89,000

given to support **22** high school students involved in the Achievers Program which empowers minority youth with college prep, career exploration, mentoring and developing foundational life skills.

2011 YEAR

Kick-off of year long celebration of the SAY's 125th birthday since it first opened its doors in 1886.

"125 Years... Our Story And Yours" becomes the organization's tag line. Together with new national Y branding, a revamped website is launched.



Martin Luther King Jr. day of service involves volunteers from our Summit communities.



"My Y Story" Campaign begins



125th Anniversary Annual Campaign is launched to raise contributions from the community.

7 week long Annual Campaign ends. \$500,000 is raised. Campaign proceeds provide financial assistance, scholarship and subsidies to financially struggling families for camp, membership and child care.

2010 Annual Report published which shows the Y to be on sound fiscal ground as a 501(c)3 non-profit.

Berkeley Heights YMCA hosts the 10th Annual Mother's Day 5K Race. 450 racers participate.



2011 Annual Meeting honors John A. Reid, Jr. as the Shuart Reed Memorial Award recipient.

The Summit Area YMCA is chosen by YMCA of the USA to lead the ACHIEVE initiative to make the "healthy choice the easy choice" in the local community.

TLC Carnival raises funds to provide needs-based Financial Assistance.



JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

IN REVIEW

125th Anniversary Camp BBQ at Watchung Reservation for over 500 kids, counselors and families.



Berkeley Heights YMCA launches **LIVESTRONG** at the YMCA®, a free 12 week cancer recovery program.

12 year old Summit Seal, Colby Dixon, wins six gold medals at Summer Long Course Junior Olympics at Rutgers University.

"My Y Is Every Y" reciprocity program launched with 40 participating associations in New Jersey gives our members more options.

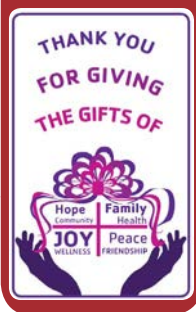
125th Birthday Picnic and "Battle of the Bods" Aerobathon Fundraiser on the Village Green in Summit. Free and open to all. 500+ attendees.

**BATTLE
OF THE
BODS
AEROBATHON
FUNDRAISER**

The Hubbard Gym is transformed for the Good News Gala where over \$117,000 was raised through ticket sales, donations, sponsorships, and the live and online auctions.



Thank you holiday card mailed to 2,984 donors whose contributions enabled us to fulfill our mission each day.



Massive ice storm hits Summit. The Summit YMCA served as safe port and vital resource for the community as a welcoming, warm, connected place.

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

NOW



Healthy Living

WE BELIEVE

that healthy living habits dramatically improve the quality of life for individuals and families. With over 200 group exercise, spin, aquatics, and yoga classes offered each week and 6 youth and adult sports leagues and innovative youth programs, **we empower our members to make healthy living a priority.**

In 2011, we raised **\$788,606** from individual corporations, foundations and local, state and federal public sources. It is through this financial support that the Summit Area YMCA is able to further its cause-driven promise to strengthen the foundations of community.

PROGRAMS SUPPORTED
2011 Total:
\$2,015,479

JODI'S STORY

"I was overweight for as long as I could remember and in 2004, when I tipped the scale at 300 lbs, when something inside me snapped. I started eating better and exercising and lost 100 lbs. But, then I was "stuck" – literally and figuratively. I was in the midst of an unhappy divorce, single, a stressed-out working parent with two young children, disconnected, still very overweight and feeling unhealthy.

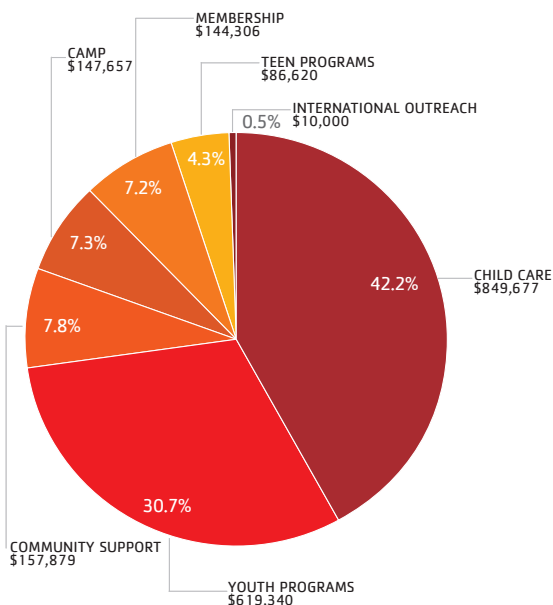
Sometimes ordinary days come along and change our lives in extraordinary ways. For me, that day was when I joined the Y in 2005. That I was able to go to a welcoming, non-judgemental place where people cared about my well-being and supported me in my goals to become more healthy was a true blessing. Being able to work out in group exercise classes every day relieved my stress and enabled me to be a more attentive and energetic teacher

at work and a calmer, more present parent for my children at home.

More recently, I have begun working with out with a supportive trainer at the Summit Y who encourages and pushes me to be my most healthy self. I've dropped 2 dress sizes in the last four months and am on track to lose the remaining 26 lbs and 6 dress sizes that I am aspiring towards. I have the energy to do what I need to. I feel connected because of the friends I've made at the Y. People like being around me. My self-confidence is sky high. I feel like a million bucks. I found myself at the Y."



PROGRAMS SUPPORTED



YMCA BY THE NUMBERS

REVENUE

Contributions	\$ 634,620
Government Support	\$ 87,502
Child Care	\$ 5,968,514
Summer Camp	\$ 797,129
Aquatics	\$ 966,058
Wellness	\$ 223,886
Youth and Family	\$ 556,073
Membership	\$ 3,505,499
Miscellaneous	\$ 285,764

\$13,025,045

EXPENSES

Human Resources	\$7,613,134
Occupancy	\$1,229,508
Equipment & Supplies	\$ 988,780
Operations	\$ 1,399,205
Reserves	\$ 418,992
Financial Assistance	\$ 646,450
Miscellaneous	\$ 277,556
Mission Advancement	\$ 451,420

\$13,025,045

These numbers are subject to adjustment when audited statements are prepared.

GOOD NEWS GALA

A special 125th anniversary thank you to the Summit Area YMCA's proud partners in youth development, healthy living and social responsibility.



investorsBank

Banking in *your* best interest.



MERCK

Be well



Smythe
VOLVO

MATT'S STORY

"This past Sunday I participated in the Mother's Day 5K Race at Berkeley Heights. It was a milestone event for me. I am so happy and proud to have completed the distance. The day was beautiful, the staff welcoming, the cheering crowds motivating, and the cause meaningful", said Matt.

When at 26, Matt was diagnosed with testicular cancer, the news was overwhelming. An avid runner in the prime of his life, he struggled with the after effects of his treatment, with his significantly decreased energy levels, and the fact that he was not in great physical condition. The first few times, after learning of the disease, that he tried to run on his own Matt barely completed the mile distance. It was soon thereafter, that he saw information that the YMCA was offering a **LIVESTRONG** at the YMCA session at the Berkeley Heights Y. Matt joined the **free** research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

The supportive and trained staff at Berkeley Heights worked with Matt to increase his flexibility and endurance (including introducing him to cardio classes such as zumba), improve his confidence and self-esteem, and counseled him to embrace the (slower than he wanted) pace of his recovery. Now six months into the program, he was able to reach his goal of being able to run longer distances and the future looks and promises he will be able to do even more. Matt is grateful that the Y helped him focus on his wellness, not his disease, and in doing so is helping him move beyond cancer in spirit, mind, and body.

WE BELIEVE

when you give to the Y **your tax-deductible gifts make a direct, real and meaningful impact** in the lives of those struggling and most in need. Your donations matter! You make a difference!

1,062 swim classes offered at our Y teach critical water safety and swimming skills to hundreds of children and adults.

Social Responsibility



Our Y is dedicated to building healthy, secure, confident, connected communities, families and individuals.

SUMMIT AREA YMCA KEY LEADERSHIP STAFF

Darrell Johnson
President & CEO

Emily Aprea
CFO

Janet Smith
VP Human Resources

JoAnn Hansen
Director of Development

Anjali McCormick
Director of Marketing

Terri Clinton
Executive Director
Summit YMCA

Tiffany Escott
Executive Director
Berkeley Heights YMCA

Joyce Klimaski
Executive Director
The Learning Circle YMCA

OUR BRANCH LOCATIONS

BERKELEY HEIGHTS YMCA
550 Springfield Avenue
Berkeley Heights, NJ 07922

SUMMIT YMCA
67 Maple Street
Summit, NJ 07901

SUMMIT YMCA YOUTH CENTER
2 Walnut Street
Summit, NJ 07901

**SUMMIT AREA YMCA
ASSOCIATION SERVICES**
490 Morris Avenue
Summit, NJ 07901

THE LEARNING CIRCLE YMCA
95 Morris Avenue
Summit, NJ 07901

OUR DONORS MAKE THE DIFFERENCE

CHAMPIONS (\$10,000+)

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John Reid, Jr.
The Hyde & Watson Foundation
Carol and Patrick Welsh
YMCA of the USA

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Union County Community Development Block Grant
Union Foundation
Mary and Norbert Weldon

John's long history with the Y began as a soccer coach for his daughter's kindergarten league. Working with the girls over the next ten years was rewarding because he was able to teach them about teamwork and discipline, playing hard and having fun. And, John was reassured to see the positive values he helped instill be reflected in the girls attitudes and healthy choices.

John's next significant volunteer commitment was to join the YMCA's Board of Trustees in 2001, and then to eventually become Chair in 2008. His successful business career and background proved helpful to the Y during its period of transition. First, a 2005 merger with The Learning Circle childcare center, that increased the Y's budget and changed the

way the Y operated. Next, the search for a new CEO which resulted in John taking a more active role in the day-to-day operations of the Y in the interim period. Finally, John helped create the Y's Emeritus Board and was active, in reaching out to the community on behalf of the Y. John's legacy is his leadership in building a sound operations base for the organization and focusing on the growth of the Endowment Fund which ensures that those in need will have access to the Y for years to come.

In recognition of John Reid's strong and continuing commitment to youth development and to the future of our community, the Summit Area YMCA was pleased to recognize him as the 2011 Shuart Reed Award Recipient.



JOHN A. REID, JR.
**2011 SHUART
REED MEMORIAL
AWARD RECIPIENT**

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Social Responsibility

**WE
BELIEVE**

that by helping our neighbors all of our lives are deeply enriched and our community is strengthened. **We're here to work with you and others to create a stronger, more vital community.**

OUR DONORS MAKE THE DIFFERENCE

MEMBERS (\$1,000 - \$2,499) continued

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OUR DONORS MAKE THE DIFFERENCE

FRIEND (\$499 - \$250) continued

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