



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMITMENT TO COMMUNITY BUILDING STRONG FOUNDATIONS

2012 ANNUAL REPORT



SUMMIT AREA YMCA

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The Summit Area YMCA is one of the area's leading charitable 501(c)3 organizations. Our programs and services are open to all through our financial assistance programs made possible through the generosity of our members, donors and partners. To help us help others, make your tax-deductible donation today at www.theSAY.org

Dear Friends,

If you've been paying attention you may have noticed we've changed our logo. But that doesn't mean we've changed our mission! The Y remains committed to strengthening the foundations of our community through our emphasis on youth development, healthy living, and social responsibility.

We'd like to highlight some new programs that demonstrate this ongoing commitment:

- Our **7th Grade Initiative** provides every 7th grader with a free Y membership in an effort to help these youth make good life decisions and healthy choices at a critical time in their lives. In 2012, nearly 300 students took part in this successful program.
- In our after school programs, the **Healthy U** curriculum has been changing children's health behaviors and those of their families for three years. It is now being integrated into the elementary school day in Summit.
- **LIVESTRONG® at the YMCA**, our free 12-week cancer recovery and wellness program, helps adults reclaim their total health through small group therapy and exercise. This past year, 50 men and women benefited from this program.
- Our Y was instrumental in starting Summit's new **ACHIEVE Community Garden** on Beauvoir Avenue. The goal of this collaborative effort is to promote healthier eating and outdoor activity while encouraging participants from all backgrounds to work together.

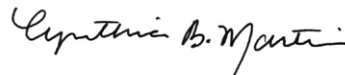
With your help, in 2012 we provided over \$679K in support programs and services including those mentioned above, and distributed over \$541K in direct financial assistance to qualifying individuals and families who might otherwise not have been able to participate and benefit from our Y's offerings.

So, thank you to all of you who have given so generously to our Y! **We are grateful for your passion, talent, and commitment.** It is because of you that we can continue to support the increasing and evolving needs of our community.

Sincerely,



Darrell Johnson, President & CEO



Cynthia Martin, Board Chair





“YOU CAN SAVE A LIFE BY TEACHING A KID TO SWIM.”

YOUTH DEVELOPMENT

**AT THE Y, KIDS AND YOUTH
REACH THEIR PERSONAL
BEST IN AN ENVIRONMENT
THAT VALUES POSITIVE
COMPETITION, TEAM WORK
AND FAIR PLAY.**

“Near the water, every parent wants to feel assured that their child is safe and knows how to swim. It is of special concern for me since my 12-year-old is a special needs child. We’ve tried lessons at two other pools, but he is most calm when he is at the Y and so we come here for his private weekly lesson. Quinn loves his swim instructor who praises his attitude and challenges him to take responsibility and commit to making more progress every time he comes. He intuitively feels his instructor cares. I saw something recently that said “you can save a life by teaching a kid to swim”. That’s why I’m here.”

Andy, Summit YMCA member

The Y is here to encourage every child or youth, regardless of skill or ability. In 2012, more than **1,975 kids** gained the **skills and confidence** to be safe and have fun in the water at Y swim lessons and on the swim team. Another **1,800 kids** took to the sports fields, basketball courts, wellness centers and camp grounds to experience sports and the outdoors for fun and to learn the benefits of being **healthy and active.**

"In all my years of coaching, this was my most challenging experience. Kids treated each other more like competitors than teammates, each wanting to be the star. I tried to show there is no "I" in team by modeling Y values. It was only in the last few games of the season when I saw the message of caring and respect for each other finally sink in. We came together as a team in the quarterfinals with a big double overtime win and won our final game (a nail-biter) playing against kids who were physically much larger. To watch my team encouraging, high-fiving, hugging and celebrating each other's success was more meaningful to me than actually winning the trophy. That's what the YMCA and youth sports can do!"

Coach Kareem Douglas





YOUTH DEVELOPMENT

AT THE Y, KIDS AND
YOUTH FIND A **SAFE,**
CARING ENVIRONMENT
TO LEARN **POSITIVE**
VALUES, SOCIAL SKILLS
AND BEHAVIORS.

"THE Y ADVENTURE GUIDES CAMPOUTS AND
ACTIVITIES MADE IT SIMPLE, EASY AND FUN TO
SPEND QUALITY TIME WITH MY DAUGHTER."

Sometimes kids need a little extra guidance and support to make sound decisions that impact them socially, academically, and physically. Last year, parents and guardians entrusted more than **800 children** to the care of our Y -- from preschool and childcare programs to summer camp and programs such as the 7th Grade Initiative and YMCA Achievers.



"Over the past year, the Y Achievers program has helped me prepare for college. The program supported us with SAT prep, time management skills and reviewing potential colleges. It broadened my thoughts on potential career paths and provided exposure to real-life work experiences through the Novartis Mentoring Program. The Y staff took the time to help us figure out our individual passions. The Achievers program guides you along the way to a bright future. I am overjoyed to have been a part of this program...and I am going to college with confidence because I am prepared."

Jeanne-Marie Hamilton-Moore,
Summit YMCA Achievers Graduate



"MY KIDS PUT MORE "GO" FOODS IN MY SUPERMARKET CART THAN "SLOW" OR "WHOA" FOODS THANKS TO THE HEALTHY U PROGRAM."

HEALTHY LIVING

AT THE Y, WE EMPOWER
MEMBERS TO DEVELOP
HEALTHY LIVING
CHOICES TO IMPROVE
THE QUALITY OF LIFE
FOR INDIVIDUALS AND
FAMILIES.

As a **cause-driven** organization, the Y believes in focusing on the whole person and giving people the opportunity to grow, learn and thrive in **body, mind and spirit**. With over **200** group exercise, indoor cycling, swim and yoga classes offered each week, as well as innovative youth and adult sports leagues and programs, **we promote healthy living** in our wellness centers, classrooms, and childcare facilities.



"Last year, when my ten-year-old son missed 40 days of school due to his asthma, his doctor prescribed cardio exercise as a way to strengthen his lungs. Since we joined the Y nine months ago, my son and I have exercised almost every day. What a difference the Y has made in our lives. AJ has only missed two days of school since then, and I have not had to worry about missing a day of work to care for him. The Y's low pressure workout environment made me feel welcome and my path back to recovery from a recent surgery was easier because I was more fit from working out with AJ. And, best of all -- the family membership is affordable."

**Nancy and AJ,
Berkeley Heights YMCA members**



"I LIKE THAT MY TAX-DEDUCTIBLE GIFT TO THE Y HAS A DIRECT AND POSITIVE IMPACT ON THE LIFE OF SOMEONE IN MY COMMUNITY."

SOCIAL RESPONSIBILITY

AT THE Y, WE WELCOME
AND ARE ACCESSIBLE
TO ALL INDIVIDUALS
AND FAMILIES
REGARDLESS OF
RACE, RELIGION, AGE,
GENDER OR FINANCIAL
CIRCUMSTANCE.



"When Matias first came to TLC YMCA he only spoke Spanish and it was hard on him to relate to the other children. Through the teachers' caring and understanding approach, they connected with him to build his confidence. He has grown academically and socially. If it were not for the financial assistance we received through the Y, he would not have had a chance to learn and grow at such a wonderful school. With the Y's support, I am able to work to support my family in a place where my son feels safe and happy."

**Melisa, The Learning Circle
YMCA parent**

Without the encouragement of his teachers, the nurturing environment and financial support of the Y, Matias' life might have taken a different path. In 2012, our Y had an impact on more than **657 individuals and families** throughout our service area, **40% of whom were children.** Our **Annual Campaign** funds financial



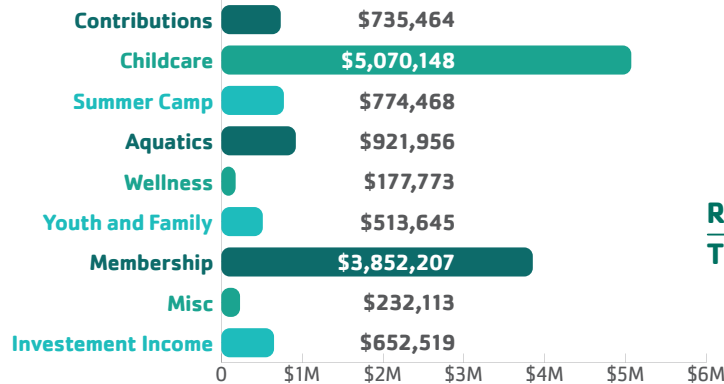
assistance and helps those in need of a helping hand to live more healthy, connected, confident and secure with programs such as LIVESTRONG® at the YMCA and The Community Garden.

"I am a breast cancer survivor. During one of our group sessions we did an art project where I showed the impact of the free, 12-week program on my life. #1 is my life before cancer – happy, contented. #2 shows how I felt when I was diagnosed – nervous and concerned about the outcome. #3 is when I was tentative but wanted to get back into life. #4 is when I found LIVESTRONG® at the YMCA and started exercising for the first time in a small group community surrounded by a group of survivors who supported my plan for wellness and with caring Y trainers who understood my weakness. I am blossoming again. I have found a true partner in my healing!"

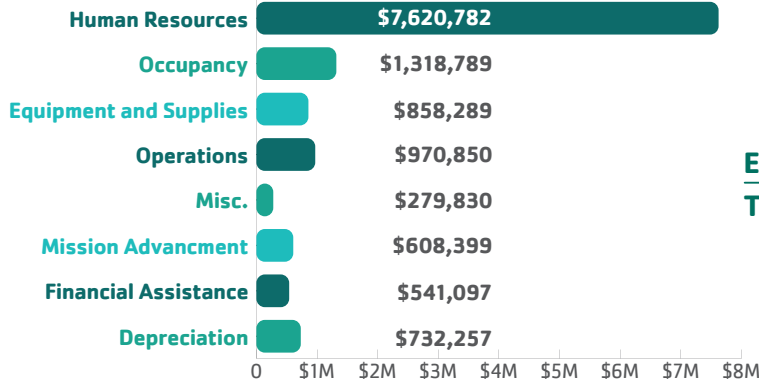


Anonymous, Berkeley Heights YMCA participant

YMCA 2012 BY THE NUMBERS



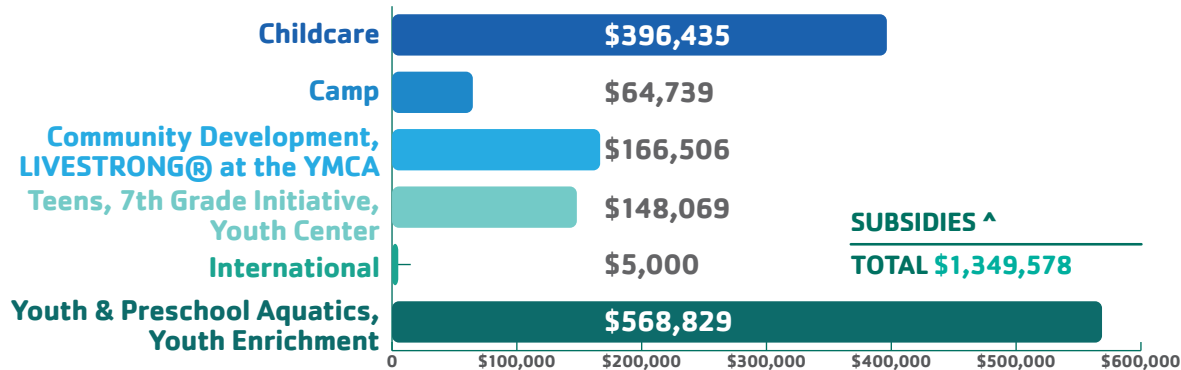
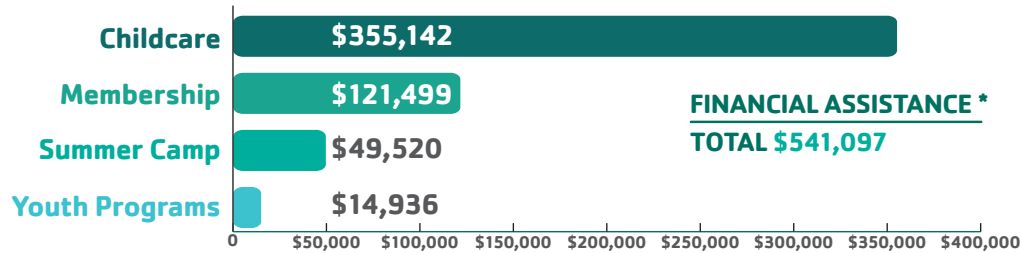
REVENUE
TOTAL \$12,930,293



EXPENSES
TOTAL \$12,930,293

M=1,000,000

2012 FINANCIAL ASSISTANCE & SUBSIDIES



* Year-end actual based on December 2012 data

^ Combining common items from the 2011 SAY Cost Study (fully loaded costs including overhead).

PROGRAMS SUPPORTED



CHILDCARE
\$751,577



YOUTH PROGRAMS
\$583,765



COMMUNITY SUPPORT
\$166,506



TEEN PROGRAMS
\$148,069



MEMBERSHIP
\$121,499



CAMP
\$114,259



INTERNATIONAL
\$5,000

TOTAL \$1,890,675

VISIONARY PACESETTER (\$10,000+)

Susan and Christopher Birosak
The Nicholas J and Anna K Bouras
Foundation
Francie and Yon Cho
Head Family Charitable Foundation
Cynthia and Robert Martin
Merck Neighbor of Choice
Eileen Moriarty
Lisa Grattan and Robert F. Moriarty
Deirdre and Patrick T. Quinn
Summit Area Public Foundation
The Hyde & Watson Foundation
YMCA of the USA

MOVEMENT SUSTAINER (\$5,000 – \$9,999)

Allstate Foundation-Agency Hands
in the Community
Atlantic Health System
Central Presbyterian Church
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Gregory Fernicola
Linda and Robert Flanagan
Amanda and Steven Ford
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Laura and William Gump
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Colleen and Robert Jeffries
Gayle Petty-Johnson
and Darrell E. Johnson
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Josephine and Michael Lo Bosco
Polly Palumbo and Lex Maultsby
Nora and Mark Muller
Carolyn and Thomas Mulligan
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Overlook Hospital Foundation
Meredith and Roger B. Parsons
Nora and Robert Radest

Carole A. and Malcolm Schwartz
The John Ben Snow Memorial Trust
The Junior League of Summit
Union County Community
Development Block Grant
Union Foundation
Vanguard Charitable
Endowment Program
Mary and Norbert Weldon

MISSION ADVANCEMENT TRAILBLAZER (\$2,500 – \$4,999)

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Berkeley Heights Rotary Club
Charles Emil Thenen Foundation
City of Summit
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Component Web Services
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E. J. Grassmann Trust
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Lora and David Ingerman
Mary Livingston and Raymond Butkus
Lois Schneider Realtor
Stacy and Joseph McNamara
Merck Animal Health Division
Merck Consumer Care
Patricia and Raymond O'Byrne
Patricia and Harry Olsen
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Peotter's Auto Body
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Precor
Provident Bank Foundation
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Smythe Volvo
The George W. Bauer
Family Foundation
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Margery and Robert Ashmun
Ayco Charitable Foundation
Bank of America Charitable Gift Fund
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Beverly and Ray Casarico
Celgene Corporation
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Lisa and Dennis Monaghan
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Ashley and Philip Moos
Eileen Morris
Robin and Peter Naylor
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PSE&G
R. Seelaus & Company
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Pierre Seguin
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Sarah and Donald Slaght
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Hyona Revere and Jeffrey Sobel
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Pamela and Bradford Stone
Sum It Up For Girls
Sysco Food Services of Metro New York
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The Redwoods Group Foundation, Inc.
Theresa and Denis Turbo

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Migdalia Vasquez and
Bethsabe MacKnight
Carrol and Richard Vicens
Weltman Home Services Inc

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Dennis Miller
Jonathan Mondschein
George Morgan
Anuradha Narayanan
Gail Nelson and David Bona
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Lisa and David Ophel
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Lily Wang
Pamela and Sumner White
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 Suzy Hong
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 Terry and Raymond Jacobs
 Dinah and Eric Jacobsen
 Suzanne Jenks
 Nicole and Phil Kagan
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 Kathryn and James Keenan
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 Theresa and Ken Klassen
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 Janet Krannawitter
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 Paul Kropfl
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 Tarun Mehta
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 and Carlos Aguilera
 Julie and John Meyerholz
 Meyersville Veterinary Group, L.L.C.
 Danielle and Richard Mezzacca
 Carmela and Stephen Miller
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and Douglas Zaeh
Jeffrey Zerweck
Jianyou Tan and Lin Zhao
Marilyn and Robert Zocca

WE ARE PROUD TO RECOGNIZE:

2012 MISSION ADVANCEMENT VOLUNTEERS who play a lead role in advancing the Y mission within the community by sharing information about Y initiatives with other community leaders and helps to broker strategic partnerships and collaborations to meet community needs.



PETER MARCHETTA
BERKELEY HEIGHTS YMCA



TERESA MENDEZ
THE LEARNING CIRCLE YMCA



KEVIN HILL
SUMMIT YMCA

2012 LIVING OUR CAUSE VOLUNTEERS who participate in a leadership capacity by serving as a member of a branch board, board committee or special event planning committee and acts as a storyteller to help raise funds to support the Y cause.



ANN GARRITY
BERKELEY HEIGHTS YMCA



MICHAEL YESENKO
THE LEARNING CIRCLE YMCA



STEPHANIE KRAMER
SUMMIT YMCA

SUMMIT AREA YMCA LOCATIONS

SUMMIT AREA YMCA
ASSOCIATION SERVICES
490 Morris Avenue
Summit, NJ 07901
(P) 908 273 4270
(F) 908 273 4272

SUMMIT YMCA
67 Maple Street
Summit, NJ 07901
(P) 908 273 3330
(F) 908 273 0258

BERKELEY HEIGHTS YMCA
550 Springfield Avenue
Berkeley Heights, NJ 07922
(P) 908 464 8373
(F) 908 508 1059

THE LEARNING CIRCLE YMCA
95 Morris Avenue
Summit, NJ 07901
(P) 908 273 7040
(F) 908 273 5670

EXTENSION SITES

WATCHUNG RESERVATION
Mountainside

BERKELEY HEIGHTS
COMMUNITY POOL
59 Locust Avenue
Berkeley Heights

MARY KAY MCMILLIAN EARLY
CHILDHOOD CENTER
651 Mountain Avenue
Berkeley Heights

THOMAS HUGHES
ELEMENTARY
446 Snyder Avenue
Berkeley Heights

WILLIAM WOODRUFF
ELEMENTARY
Briarwood Drive, West
Berkeley Heights

MOUNTAIN PARK
ELEMENTARY
55 Fairfax Drive
Berkeley Heights

ALLEN ROBERTS
ELEMENTARY SCHOOL
80 Jones Drive
New Providence

SALT BROOK
ELEMENTARY SCHOOL
40 Maple Street
New Providence

We offer Afterschool
Classes at:
COLUMBIA MIDDLE SCHOOL
345 Plainfield Avenue
Berkeley Heights

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www.theSAY.org