



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRANSFORMING LIVES

## LETTER FROM THE CEO

FALL 2018

### DEAR FRIENDS AND SUPPORTERS,



A healthy community is characterized not only by the absence of illness, but by attributes that encourage well-being, promote inclusion and enable a high quality of

life. At Somerset County YMCA, our goal is to build healthier communities through grass roots efforts and collaborations that foster all.

The greatest opportunities to improve health lie in positive personal behavior and social circumstances. If not constructive,

the two combined contribute to 45% of premature deaths as reported in the New England Journal of Medicine.

We are committed to increasing access to opportunities that improve health for everyone. By combining the Y's expertise in health strategies with strong stewardship of your generous donations, we can minimize social, economic and physical barriers that prevent healthy living while encouraging positive health behaviors.

In this issue of Transforming Lives, we hope that you will see how your generosity actively supports individuals of all ages,

abilities and backgrounds to improve their health – in spirit, mind and body. From financial assistance, to free memberships for all 7th graders, to programs designed to prevent and manage chronic disease, your donations make a profound impact on the well-being of our communities and our collective quality of life. Thank you for your continued support.

Sincerely,

*David M. Carcieri*

David M. Carcieri  
President/CEO

## CULTURE OF HEALTH PREVENTING AND MANAGING CHRONIC DISEASE

Embracing a culture of health helps communities to flourish through opportunities that allow everyone to make choices that lead to a healthy lifestyle. The Y plays an important role in the health of our communities as a catalyst for building a culture of health in Somerset County. Day in and day out, we work to introduce and sustain programs that inspire wellness and promote chronic disease prevention. With the support of your generosity, we continue to expand programs focused on the prevention and management of chronic disease, including:

**LIVESTRONG®** at the YMCA – a wellness program that supports cancer survivors

**LIVESTRONG at the YMCA:**

**85 Wellness Warriors**  
Cancer survivors who improved fitness and quality of life over the course of a year

and their families through opportunities to engage in physical and social activities focused on strengthening the whole person through cancer survivorship, post-rehabilitation exercise and supportive cancer care. The program launched in 2010 and expanded to all branches in 2016.

**Delay the Disease™** – a fitness program designed to empower individuals living with Parkinson's disease by helping delay the progression of symptoms and successfully manage the disease. Exercise plans are adapted to all abilities and are designed to help patients improve quality of life, regain mobility and maintain their independence. The program, which launched in 2016 at

**Delay the Disease:**

**56% Improved Physically**  
On average, improvements made in 6 key elements of strength, agility and flexibility within 6 months

Somerset Hills YMCA, continues to grow with new offerings and classes.

**Diabetes Prevention** – a program that helps adults at high risk of developing type 2 diabetes to adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. The program launched in the fall of 2018 across all branches.

Your donations fuel the culture of health, which results in a healthier community for all.



**Diabetes Prevention:**

**150+ Minutes of Fitness**  
Program goals: increased weekly physical activity to 150+ minutes and reduced body weight by 5-7%

**SOMERSET COUNTY YMCA**  
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Basking Ridge, NJ 07920  
P 908 630 3535  
[www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)

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**BRIDGEWATER YMCA**  
601 Garretson Road  
Bridgewater, NJ 08807  
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**HILLSBOROUGH YMCA**  
19 East Mountain Road  
Hillsborough, NJ 08844  
P 908 369 0490

**SOMERSET HILLS YMCA**  
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Basking Ridge, NJ 07920  
P 908 766 7898

**SOMERSET VALLEY YMCA**  
2 Green Street  
Somerville, NJ 08876  
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**SOMERVILLE YMCA**  
2 Green Street  
Somerville, NJ 08876  
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**RIVERWALK**  
665 Martinsville Road  
Basking Ridge, NJ 07920  
P 908 766 7898

# IN GOOD HEALTH

**At the Y,** we believe wellness is rooted in feeling healthy in spirit, mind and body. Our programs motivate healthy living, bring families together and foster personal connections in a supportive environment. We work to remove barriers to create healthier communities and ensure that everyone can live their best life. That's how we improve health and enrich quality of life to move our community forward.

## HEAD START Free 7th Grade Memberships

Seventh grade is a critical time when young teens are often introduced to risk behaviors. Research has shown that kids who adopt healthy habits at this pivotal age can benefit for a lifetime. Through our free 7th grade memberships, made available thanks to your generosity, we hope to inspire kids to make good decisions that form life-long healthy habits. We are committed to providing teens with opportunities that help them discover their true potential through group exercise classes, weekly social events, special events, volunteer opportunities and more. Your support allows the Y to be a safe place where teens cultivate values, skills and relationships that lead to positive behaviors, better health and educational achievement.



## EXPANDING TO SERVE Somerset Hills YMCA Groundbreaking

On Wednesday, September 5, Somerset Hills YMCA held a groundbreaking ceremony to celebrate the beginning of a \$7.0 million expansion project that will enhance our ability to best serve residents, as well as to meet emerging community needs. Somerset Hills YMCA's expansion is part of the Y's "Strong Past, Bright Future" capital campaign.

The two-story, 14,000 square foot addition, will include an expanded, modern Wellness Center on the first floor, and three new multipurpose studios, one new Spinning® studio with tiered levels, one renovated multipurpose room and new, larger restrooms on the second floor. Additionally, an upgraded mechanical system will improve climate control and comfort throughout the building.

However, the project is about more than bricks and mortar. It's about the impact it will have by removing barriers for everyone to be physically active; by creating a safe, positive environment for social connections; by expanding programs for children, adults, seniors, and individuals with special needs and all abilities; and by offering even more preventative health programs and addressing social issues.

Board members, community leaders and local officials attended the ceremony, included Somerset County Freeholder, Mark Caliguire, who remarked, "In my family, our lives revolve around the Y. I understand the value the Y brings to the community. The fact that the Y needs to expand is great – it means that the Y is helping more people to improve wellness and get healthier."

To learn more about making an impact on the community through the capital campaign, contact Kelly Castro at 908 630 3535 x100.



Distinguished guests gathered for the ceremonial groundbreaking include (left to right) President of Frankoski Construction, Joseph Frankoski; Somerset County YMCA Senior VP & CFO, Karyn Lightcap; President of Somerset County Business Partnership, Mike Kerwin; Mayor of Bernards Township, John Carpenter; Chair of Somerset County YMCA Board of Directors, Mark Irwin; Somerset County YMCA President & CEO, David Carcier; Somerset Hills YMCA employee and Special Olympian, Kristen Clark; Somerset County Freeholder, Mark Caliguire; Vice Chair of Somerset County YMCA Board of Directors, John McManus; Property Development Committee and Somerset Hills YMCA Branch Board Member, Michael Osterman; Somerset Hills YMCA Executive Director, Cheryl Tuturice; Somerset County YMCA Vice President of Property Development, John Gorman; Principal of Kramer & Marks Architects, George Marks; and Somerset Hills YMCA Branch Board Member and Founder of the Saturdays in Motion Program, Art Raynes.

## PROGRAM SPOTLIGHT

### SUMMER SMILES Camp Inclusion Program

At the Y, ensuring that everyone has the opportunity to thrive is core to our mission. Since 2010, we have provided opportunities to children with special needs to build self-esteem and friendships through our integrated summer camp program at Somerset Hills YMCA. This past summer, we were proud to expand the inclusive experience to Somerville YMCA, thanks to a grant from the Lisa Beth Gerstman Foundation.

The foundation's mission is to provide children with special needs the opportunity to attend summer day and sleep-away camp in an integrated setting. With a shared belief that every child deserves the opportunity to participate in a safe, caring, and fun learning environment, we were thrilled to provide 48 camper weeks to children with special needs to enjoy the summer at Somerville YMCA's Camp Sunburst.

Each child with special needs received a personal aide who provided the needed support throughout the camp day to ensure a successful camp experience. The most rewarding aspect of the program were the smiles on the faces all of the campers, who clearly reaped the benefits of an inclusive camp environment.



Y staff including Director of Special Needs, Stephanie Jasinski, President and CEO, David Carcieri (both left), Membership Director, Eddie Norgard, and Executive Director, Kate Russo (both right) greeted representatives from the Lisa Beth Gerstman Foundation, Jean Dattner and Dan Gerstman (center) on a visit to Somerville YMCA to see the inclusion camp program in action.

## PROGRAM SPOTLIGHT

### HEALTHY START B. Fit Program

Starting a wellness journey can be daunting. That is the reason we launched the B. Fit (Beginner Fitness) Program, which provides structure and accountability to help adults learn how to overcome personal barriers that prevent them from exercising regularly.

Offered free to Y members, the 12-week B. Fit Program is designed to provide participants with one-on-one attention from wellness coaches to create a fitness routine that works for each individual. Wellness coaches ensure that participants are educated to properly use the fitness equipment and exercise safely. At the end of 12-weeks, the participants 'graduate' to exercise independently as they continue their healthy lifestyles.

For Beverley Clayton-Perks, the program provided a strong foundation.

"B. Fit helped me completely change the way I view exercise. I used to consider it a chore, and now I really enjoy it. The staff is so supportive. They hold you accountable for coming, monitor what you are doing, and guide your progress. It has made such a difference in my life...I dropped two dress sizes, I sleep better, I eat healthier and I have more energy to care for my children."



## MEMBER SPOTLIGHT

### RUN AROUND THE WORLD Joyjit Kundu

Joyjit discovered a passion for running at Hillsborough YMCA's Hop 5K in 2013. Since then, he's circled the globe running and completing five of the six World Marathon Majors in Chicago 2015 and 2017, London 2017, New York City 2016, 2017 and 2018, Berlin 2016 and Tokyo 2018. This fall he shaved off over 13 minutes, completing the NYC marathon at 3:03. Now, he is looking toward his first Boston Marathon in 2019. Each year, he looks forward to returning to the race that started it all, the Hop 5K.

"My passion for running started with the Hillsborough YMCA Hop 5K. It was my first race, which inspired me to run marathons all over the world. I think I've inspired others to pick up running because they see what I've accomplished. It happened all because of the YMCA. This past spring, I reached my goal of finishing the HOP 5K in under 20 minutes. I always look forward to returning to the HOP 5K and having my family there to cheer me on."



Your generous support helps to strengthen our community.



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## SOMERSET COUNTY YMCA

Association Office  
140 Mount Airy Road, Basking Ridge, NJ 07920  
(P) 908 630 3535  
[www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).



# TRANSFORMING LIVES

## MARK YOUR CALENDAR



**FEB. 6**

ANNUAL MEETING & ANNUAL CAMPAIGN KICK-OFF



**APR. 17**

VOLUNTEER SPIRIT AWARDS & ANNUAL CAMPAIGN CELEBRATION



**APR. 27**

HEALTHY KIDS DAY