



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRANSFORMING LIVES



## LETTER FROM THE CEO

WINTER 2018

DEAR FRIENDS AND SUPPORTERS,



**The foundation for a healthy life is in the neighborhoods we inhabit.** When people have options to make healthy choices, they are more likely to succeed in school, work

and life. Yet, not everyone has the same opportunities to make those choices. For some, the barriers to good health decisions are too high to overcome.

That is when the Y steps in. Building healthier, more resilient communities is core

to the Y's mission. Each day, we work to create health equity in our communities by removing the barriers that prevent children, adults and seniors from living healthy lives. We believe that everyone deserves a fair opportunity to live a long, healthy life. That is why we seek to achieve health equity as a guiding priority, so everyone can reach their full potential.

It is in great thanks to your generous support of the Y's mission that we are able to offer financial assistance and subsidized programs that inspire healthy living.

In this issue of Transforming Lives, you will see the many ways in which your donations are inspiring health and helping everyone to thrive at the Y. Your support of Somerset County YMCA creates healthier communities that improve our collective quality of life.

Sincerely,

*David M. Carcieri*

David M. Carcieri  
President/CEO

## A Healthy Start ANNUAL CAMPAIGN 2018

On February 7, we proudly launched Somerset County YMCA's 2018 Annual Campaign. With more than 200 guests in attendance, Ana Duarte McCarthy, Annual Campaign Chair, announced a healthy start to the campaign with \$452,758 raised, representing 45% of our \$1 million campaign goal. Early momentum was driven by pledges from 100% of members of the Board of Directors and Branch Boards. Additionally, Y staff pledged \$102,699, with 156 who donate to the campaign through the Hourly Club with the equivalent of one hour of their wages per pay period – a testament to their devotion to the Y's cause.

The six-week Annual Campaign raises funds that allow us to provide financial assistance to deserving individuals and families, in the communities we serve, and ensure that everyone can benefit from the

Y's vital programs and services. Additionally, the campaign supports our ability to subsidize free and low-cost programs that meet critical community needs. In 2017, we provided over \$1.3 million in direct financial assistance and an additional \$610,000 to subsidized programs.

Last year, with your generosity, we:

- Taught 3094 children the life-saving skill of swimming
- Inspired healthy habits among 1656 young teens through our free 7th Grade Membership Program
- Motivated 217 adults fighting chronic disease to improve their health through

programs like LIVESTRONG® at the YMCA for cancer survivors and Delay the Disease™ for Parkinson's patients

- And, so much more

We are inspired each day by your passion for the Y's mission and desire to make a meaningful impact in your community. All that we do at the Y is in pursuit of building a stronger and healthier community.



Celebrating the Annual Campaign kickoff are Mark Irwin, Board of Directors Chair; Ana Duarte McCarthy, Annual Campaign Chair; David Carcieri, SCYMCA President and CEO; and John McManus, Board of Directors Vice Chair.

**SOMERSET COUNTY YMCA**  
ASSOCIATION OFFICE  
140 Mt. Airy Road  
Basking Ridge, NJ 07920  
P 908 766 7898  
[www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)

Facebook.com/SomersetCountyYMCA

Twitter.com/scymca

**BRIDGEWATER YMCA**  
601 Garretson Road  
Bridgewater, NJ 08807  
P 908 526 0688

**HILLSBOROUGH YMCA**  
19 East Mountain Road  
Hillsborough, NJ 08844  
P 908 369 0490

**SOMERSET HILLS YMCA**  
140 Mt. Airy Road  
Basking Ridge, NJ 07920  
P 908 766 7898

**SOMERSET VALLEY YMCA**  
2 Green Street  
Somerville, NJ 08876  
P 908 722 4567

**SOMERVILLE YMCA**  
2 Green Street  
Somerville, NJ 08876  
P 908 722 4567

**RIVERWALK**  
665 Martinsville Road  
Basking Ridge, NJ 07920  
P 908 766 7898

# HEALTHY OUTCOMES

The Y is more than a gym and swim. The Y is a powerful organization of men, women, and children joined together by a shared commitment to empower individuals with resources and support to live healthy, fulfilled, connected and secure lives.

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. Our wellness programs connect members with shared interests in a supportive environment.

The Y's vast array of wellness options, for individuals of all ages and abilities, are designed to encourage healthy lifestyles, foster overall well-being, lower the incidence of chronic disease, create healthier communities and help everyone to live their best life.

That's how we improve health and enrich quality of life to move our community forward.



## HEALTHY FAMILY, HAPPY FAMILY

### Family Fitness

In this day and age when technology and sedentary activities seem to infiltrate our lives, we believe it is increasingly important to promote family fitness as an effective way to improve health, inspire good habits and encourage families to spend time together. At the Y, we continue to develop opportunities that focus on keeping families active, healthy and connected. Over the course of 2017, 1,570 families found quality family time and bonded through physically active in our Family Fitness Fridays, Youth Group Exercise Classes, Youth Wellness Orientations and Healthy Kids Day programs. Providing these opportunities to make physical activity fun and enjoyable, we are helping families to set the foundation for a healthier and brighter future.



## GOLDEN RULE

### Wellness for Active Older Adults



2460

active older adults

Having a strong body, an active mind and the feeling of being connected is important to leading a fulfilling life at every age, but perhaps most importantly for seniors. Regular exercise helps to prevent chronic disease, improve mood and lower chances of injuries. For that reason, we offer fitness and social programs specifically geared toward active older adults, and we offer reduced rate memberships to ensure our programs are accessible to all seniors. Throughout the year, 2,460 active older adults engaged in activities at the Y that helped them build physical strength, improve balance and flexibility, and helped them stay connected to their community through friendships – all to stay happy and active in their golden years.



## NURTURED POTENTIAL

### Special Needs Programs

At the Y, we believe that everyone in our community deserves the opportunity to live healthy, fulfilling lives. Through our many programs and services for individuals with special needs, we help to make a meaningful impact in the lives of those individuals and their families. Our programs fill the gap in services available in our community by providing physical exercise, skills development, social opportunities and a sense of camaraderie to help participants discover their full potential. Throughout last year, 206 children and adults with special needs benefitted from Y programs including, summer programs, fitness classes, recreational programs, professional development, Special Olympics and more. These healthy, enriching experiences provided fun and joy while helping them to connect and grow together.

206  
children & adults  
with special needs



Your generous support helps to strengthen our community.





## DONOR SPOTLIGHT

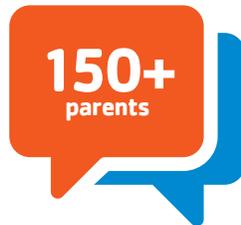
**For the past 20 years, Ken and his family have found wellness, belonging and community at the Y, which inspire his support of the Y's cause.**

"When we moved to the area in 1998, we didn't know anyone. We joined Somerset Hills YMCA and at once felt part of the community. My oldest son joined the swim team and took roller blading classes. When my younger son was born, my wife took him to the 'Mommy and Me' classes to learn to swim and play in the gym. Recently, I've gone from the sidelines watching my kids in their activities to actively taking care of myself working out at the Y. I realize the importance of maintaining a healthy spirit, mind and body for myself, my wife and my kids. Over the years, we've been so impressed by the quality of the programs, the dedication of the staff and the involvement of the members – all working together to establish excellence while making the Y a warm and welcoming place. I donate to the Y because it is a safe place for kids and offers programs that create positive outcomes and encourage kids to live healthy, fulfilled lives."

– Ken Mayer

## TALK. CONNECT. PREVENT. Night of Conversation

The path from drug use to drug addiction can be quick and intense. **Prevention is not passive.** It is an active, earnest undertaking and it starts early and requires regular reinforcement. Addiction does not discriminate and that's why we, as a community, need to educate children about the dangers of drug and alcohol abuse.



With a longstanding promise to nurture children and teens, improve health and strengthen communities, our goal is to support parents' efforts in the prevention of substance use among children and teens. To stem the tide of substance use in our communities, last year we partnered with **Dr. Oz, Partnership for a Drug Free NJ** and the **Horizon Foundation** to provide parents with resources that encourage meaningful conversations with their children on the topic of prevention. The initiative was further supported through an event in Hillsborough, held on the National Night of Conversation on November 16, in partnership with the school district and other local organizations to help educate **over 150 parents** in attendance on strategies to have discussions with their children.

Through continued community engagement strategies, we hope to increase outreach, advocacy, awareness, education and skill-building among parents, which may in turn reinforce protective factors and decrease the risks and outcomes associated with drug use.



## MEMBER SPOTLIGHT

**Jennifer, mother of two adult sons diagnosed with autism and thought disorders, came to the Y seeking an outlet to help her to break through isolation and obesity to find health, compassion and hope.**

"Caring for my boys has consumed my life. Over the years, I didn't take care of myself and I became obese. I lost myself. When my health and my boys' health declined, I realized we needed an outlet. So, I turned to the Y. With the help of financial assistance, we began swimming in the pool and quickly felt the benefits. It was therapeutic for the boys and I lost 107 pounds! Coming to the Y has been life changing for us. With their health issues, my boys often had melt downs. In public, people would stare and I felt they were judging us. It was isolating. But at the Y, we never feel different, awkward or unwanted. We are always welcomed with compassion, kindness and acceptance. The Y gave us our lives back and strengthened us as a family. For that, I am so grateful."

– Jennifer Milne





NONPROFIT ORG  
US POSTAGE  
**PAID**  
CHESTER, NJ  
PERMIT NO. 460

## SOMERSET COUNTY YMCA

Association Office  
140 Mount Airy Road, Basking Ridge, NJ 07920  
(P) 908 766 7898  
[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).



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRANSFORMING LIVES

## MARK YOUR CALENDAR



**APRIL 11**

VOLUNTEER SPIRIT  
AWARDS & ANNUAL  
CAMPAIGN CELEBRATION



**APRIL 21**

HEALTHY KIDS DAY



**JUNE 2**

HILLSBOROUGH YMCA  
HOP 5K



**JUNE 4**

SOMERSET COUNTY YMCA  
GOLF CLASSIC