Happy spring!

As an outdoor enthusiast, I always enjoy the warmer weather and longer days this season brings. Spring, for me, is a beautiful time of year that represents opportunities for renewal and growth.

Each day at the Y, we see the transformative difference we make in the life of each person who walks through our doors, which compels us to grow our organization and renew our commitment to meet the evolving social needs of our ever-changing communities.

Our new name, Greater Somerset County YMCA, better reflects the growth and impact we have in the county and the surrounding areas. Together, with the support of our donors, we have the opportunity to transform the lives of even more children, teens, families and seniors.

As we usher in a new decade, we plan to strengthen our organization through a commitment to nonprofit excellence, sound financial stewardship, continual reinvestment in our facilities and communities, expansion into underserved markets and smart growth initiatives.

In this edition of Transforming Lives, we hope you will see the impact of your investment in the Y through Greater Somerset County YMCA’s 2019 achievements. We are so grateful for your generosity that strengthens the Y, your neighbors and your community.

Sincerely,

David M. Carcieri
President/CEO

GREATER IMPACT
Annual Meeting and Campaign Kick-off

On February 5, we held Greater Somerset County YMCA’s Annual Meeting and Annual Campaign Kick-off. Attended by over 200 donors, volunteers, members, staff, dignitaries and friends of the Y, the lively event celebrated the Y’s 2019 accomplishments and launched the 2020 fundraising campaign.

At the event, Ana Duarte McCarthy, Annual Campaign Chair, announced a healthy start to the campaign with $515,389 raised, representing 45% of our campaign goal of $1,150,000. Early momentum was driven by pledges from 100% of members of the Board of Directors and Branch Boards. Additionally, Y staff pledged donations of $110,017, with 165 who commit through the Hourly Club in which they donate the equivalent of one hour of their wages per pay period – a testament to the staff’s devotion to the Y’s cause.

The six-week Annual Campaign raises necessary funds that allow us to provide financial assistance to under-resourced individuals and families, and ensure that everyone can benefit from the Y’s vital programs and services. The campaign also supports our ability to offer free and low-cost programs that meet critical community needs. In 2019, the Y provided over $1.7 million in community program support and direct financial assistance.

“When donors give to the Y, they help change the trajectory of lives,” Duarte-McCarthy said. “The Y is a place where everyone feels welcome, supported and connected. It’s where everyone has the opportunity to learn, grow and thrive. Together with our donors, we deepen community impact and transform lives for a brighter future for us all, as individuals and as a community.”

We are so grateful for your support and desire to make a meaningful impact in the community, which inspires us each day.

GREATER SOMERSET COUNTY YMCA
ASSOCIATION OFFICE
140 Mt. Airy Road, Basking Ridge, NJ 07920 | 908 630 3535

Pictured from left to right are David Carcieri, president and CEO; Melissa Marano, Somerset County Freeholder; and Ana Duarte-McCarthy, Board of Directors member and Annual Campaign chair.
HERE TO SERVE
2019 Strategic Plan Highlights
Over the past year, we’ve made great strides in addressing strategic priorities, and we are proud to share a few of the many achievements toward the goal of strengthening community. We could not achieve all that we do without your support.

CHRONIC DISEASE PREVENTION
Through our commitment to offer programs in response to pressing health needs, we launched the Diabetes Prevention Program to improve the health of pre-diabetic individuals with lifestyle changes. Program participants collectively lost 7% of their body weight and 60% dropped below pre-diabetes glucose levels.

CULTURAL ENGAGEMENT
Everyone belongs at the Y. Each day, we celebrate a spirit of unity and stand in support of all people. Last year, our Cultural Engagement Committees at each of our branches hosted 14 activities to promote vibrant cultures and the beauty of our diverse community.

OPERATIONAL EXCELLENCE
In 2019, we proudly received two prestigious awards. In April, we were recognized by the North American YMCA Development Organization (NAYDO) with the Eagle Award for excellence in philanthropy. Additionally, the Somerset County Business Partnership awarded Greater Somerset County YMCA with its Economic Vitality Award. Both awards underscore our focus on non-profit excellence and fiscal responsibility.

FOR A BETTER US
For over 145 years, we’ve been listening and responding to the critical needs of our community, with a focus on the most vulnerable citizens and under-served populations. Every day, we remain committed to strengthening community by connecting all people to their potential, purpose and each other.

The impact of your YMCA investment on the lives of children, adults, families and neighbors is profound and enduring. It is with your invaluable support that we help to move our community forward.

Your generous support helps to strengthen community.
EMPOWERING BRIGHT FUTURES

Today’s children are tomorrow’s leaders, and developing future leaders has always been a pillar of our work. At the Y, kids experience relationships that build empathy and emotional maturity; participate in programs that inspire core values; and, have opportunities that foster positive behaviors. Our youth programs focus on character development, self-reliance and resilience to help kids succeed, now and in the future.

Measuring the impact of your YMCA investment:

**12,078 ACTIVE CHILDREN & TEENS**
At the Y, children and teens are empowered to reach their full potential by exploring new interests, pursuing their passions and connecting with family and friends. The Y is a safe haven where kids can be, belong and become.

**+39% SAFE SWIMMERS**
Swimming is a critical life skill. Through swim lessons and reinforcing water safety, the Y helps prevent drownings, save lives and improve the safety of the community. Last year, 4,437 children participated in swim lessons, a 39% increase over the previous year.

**62 CIVIC-MINDED TEENS**
In 2019, 62 teens engaged in our Youth & Government and Model UN programs, a 73% increase over last year. Through the programs they learn to be change-makers while building leadership skills and experiencing the importance of civic responsibility.

IMPROVING HEALTH & WELL-BEING

We believe that individual health is essential to a strong, thriving community. When we all work together to inspire wellness, the community as a whole benefits. Through a holistic approach to wellness, we provide children and adults with the tools, resources and support they need to live healthier lives at every age.

Measuring the impact of your YMCA investment:

**18,579 HEALTHY ADULTS**
Throughout the year, the Y provides a supportive environment where adults find balance and improve overall wellness in spirit, mind and body, thereby, achieving meaningful change in themselves and in their community.

**18% MORE ACTIVE OLDER ADULTS**
In 2019, 2,697 seniors engaged in Y activities that build physical strength, improve balance and flexibility, and help them stay connected to their community through friendships. Participation in our Active Older Adult Programs increased 18% over 2018.

**+22% FIT 7TH GRADERS**
1,717 7th graders engaged in wellness and programs at the Y; 22% more than the prior year. We offer free memberships to local 7th graders to inspire healthy nutrition, exercise and social behaviors at a time when kids are often introduced to risk activities. Healthy habits at this pivotal age have lifetime benefits.

INSPIRING SOCIAL RESPONSIBILITY

Our Y has a deep history rooted in responding to society’s most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. By inspiring a spirit of service and bringing together people from different backgrounds, perspectives and generations, we ensure that all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

Measuring the impact of your YMCA investment:

**1,435 ACTIVE VOLUNTEERS**
With a focus on social responsibility, the Y offers a host of rewarding volunteer experiences. In 2019, 1,435 devoted volunteers donated their time, talent and service to advance the Y’s mission, to help transform lives and to strengthen community.

**84% MORE SPECIAL OLYMPIANS**
With a focus on removing barriers and providing opportunities for everyone to thrive, we are committed to offering programs for individuals with special needs. In 2019, 46 athletes competed in our Special Olympics program, a growth of 84%.

**640 HOURS OF ACADEMIC ENRICHMENT**
Through the Y’s homework help and tutoring program, 53 adult and teen volunteers provided 640 hours of academic support to 75 students in Kindergarten – 8th Grade, which meets a vital need in the community.
The Y is the nation’s leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Greater Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at gscymca.org.