



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRANSFORMING LIVES



FALL 2022

LETTER FROM THE CEO

Dear Friends and Supporters,

At the close of each year, I take time to reflect, as well as to look forward.

When I think about everything achieved at Greater Somerset County YMCA in 2022, I have immense gratitude for you... our donors and partners. Your belief in and support of the Y's mission fuels our capacity to strengthen community. This year, we deepened the Y's community impact in exciting and innovative ways:

- Served children from low-income households through a new summer camp program at Colonial Park in Somerset
- Launched new wellness programs to support adults with chronic diseases
- Offered programs intended to nurture the potential of kids, teens, and families, particularly following the pandemic

Also, we are excited to have expanded our service area with the addition of Princeton YMCA

In this edition of Transforming Lives, I hope you see the wonderful impact of your generosity. You lift up your neighbors through opportunity, kindness, and respect.

As we look forward, big things are ahead! In 2023, we are excited to celebrate Greater Somerset County YMCA's 150th anniversary. Stay tuned... it's going to be great!

We are here for good and, truly, better together.

Gratefully,

David M. Carcieri

David M. Carcieri
President/CEO



CULTURE OF HEALTH Preventing and Managing Chronic Disease

At the Y, we believe wellness is rooted in feeling healthy in spirit, mind, and body. Our culture of health, which is a key part of the Y's mission, encourages everyone to make choices that lead to a healthy lifestyle. The Y plays an important role in the health of our communities. Day in and day out, we introduce and sustain programs that inspire wellness and promote chronic disease prevention. With the support of your generosity, we can continue to offer programs focused on the prevention and management of chronic disease, including:

LIVESTRONG® at the YMCA – a wellness program that supports cancer survivors 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. This year, we were pleased to reintroduce the program following the pandemic.

Total Parkinson's – 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 designed to help patients improve quality of life, regain mobility and maintain their independence. The program is offered in-person and virtually.

Memory Café – an innovative new program for adults stricken with dementia and Alzheimer's disease, as well as their caregivers. The program, which is at no cost to participants, is held on the last Wednesday of each month. Newly launched in September, there have been three sessions and participation is growing.

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



TRANSFORMING LIVES

Through your support of the Y, you transform lives every day.
We hope these Y stories bring to life the measure of your impact.



“Going to the Y, 5-6 times per week, lifts our spirits, keep us active and fit, and helps us to maintain our mental strength. As we get older, staying active and connected is crucial to our health. It’s more than just exercise; the Y is all about friendships and community. The Y supports us and helps us to have a better quality of life.”

– Jill and Art, Somerset Hills YMCA

“I have fear of water, and I didn’t want the same for my son. It was important that he learn to swim. At the Y, not only has Tintin learned to swim, he is now on the swim team! As a single mom, I am grateful for the Y’s financial and emotional support. We didn’t know anyone when we moved from India but, through the Y, we’ve made friends and we feel a part of the community. I’m so proud of Tintin; he has confidence and self-esteem. We owe it all to the Y.”

– Kanchan, Princeton YMCA



“This summer was my granddaughter’s first time at camp. In the beginning, Journi was anxious but then I watched her learn, make friends, and try new things. Camp SOAR helped her become brave and more outgoing. Y camp helps children grow through positive relationships and experiences. I am grateful to the Y making this opportunity possible for Journi, and I hope she keeps the courage and spirit she gained at camp.”

– Linda, Franklin Township YMCA

Your generous support helps to strengthen community.



MARK YOUR CALENDAR

FEBRUARY 8

Annual Meeting &
Annual Campaign Kick-off

MARCH 30

Volunteer Spirit Awards &
Annual Campaign Celebration

For more please visit:
gscymca.org/events



"I did not know how to tread water. As a father, I knew I had to learn, so, I took the Y's Safety Around Water Program with my kids. The Y staff were patient and kind, and the classes lessened our fear, improved our confidence, and inspired fun. The Y makes accessible important programs that benefit the community, particularly for underserved people. The Y opens doors to new opportunities, builds skills, encourages individual potential, and makes people and the community safer."

— Marlon, Plainfield YMCA

"After a visit to my cardiologist that showed an abnormal EKG, I joined the Y and my health quickly improved. Working out regularly helps me feel stronger physically and mentally; it reduces depression. My husband passed away, and I do not have family in New Jersey. The Y is like family to me. The staff genuinely care about me, and my well-being. I don't know where I would be without the Y. After every Y visit, I feel I can take on the world!"

— Annette, Bridgewater and Somerville YMCAs



"When the war broke out, my children and I fled to Romania and then to New Jersey, where we have family, but my husband remains in Ukraine. On the flight, a passenger encouraged me to look into Y programs for my kids. Maks and Polina had a great summer at Y camp. At first, they were shy and didn't speak English well, but it wasn't long before they made friends. Without the Y's financial assistance, I would not have been able to afford camp. I am very grateful to the Y for supporting my family during a very stressful time in our lives."

— Olena, Hillsborough YMCA

PARTNERS FOR GOOD

Community Partner Support

Since Greater Somerset County YMCA's founding, our Y has consistently assessed urgent, emerging, and evolving needs to support our communities. Many organizations recognize the value of our work to empower young people, improve health and well-being, and support neighbors... and, they collaborate with us on our efforts to 'do good'.

It is the collective support of donors and partners, which helps under-resourced neighbors to thrive through the Y's vital programs and services. Together, we continue to drive transformative impact and move community forward.

We are honored by the trust and continued generosity of our corporate citizens. Through a shared commitment to enhancing the community, in which we live, work, and play, we would like to acknowledge the following partners for their philanthropic support:

- AlphaGraphics
- Amazon
- Bank of America
- Bristol Myers Squibb
- Callaway Henderson Sotherby's
- Capital Health
- Centerview Partners
- Daiichi Sankyo
- Iron Ridge Wealth Management Group
- Janssen
- M&T Bank | Wilmington Trust
- Morgan Lewis & Bockius LLP
- Nassau Presbyterian Church
- Peapack Private Wealth Management
- Pfizer
- Rainbow G&J Painting
- Raritan Family Healthcare
- Rotary Club of the Somerset Hills
- Schilke Construction
- Somerset Patriots
- Tri-County Orthopedics
- Wells Fargo

PERFECT MATCH

Matching Gifts

Recently, we have been thrilled to see a growing number of devoted donors who have doubled, or even tripled, their donations to Greater Somerset County YMCA through company matching gift programs. It is a wonderful way to deepen your support of the community through charitable giving to the Y. These are some of the matching gift companies supporting the Y's mission:

- AbbVie Pharmaceutical Research
- American Express
- Bank of America
- Bayer Corporation
- BlackRock
- Bristol Myers Squibb
- CBRE
- Chubb
- Colgate-Palmolive
- Comcast
- Crum and Foster
- Daiichi Sankyo
- Ernst & Young, US
- Exxon Mobile
- Experian
- First Eagle Investment Management
- Gap, Inc.
- GlaxoSmithKline
- Goldman Sachs
- Guardian
- GW&K Investment Management
- Hackensack Meridian Health
- HSBC
- IQVIA
- Johnson & Johnson
- Lincoln Financial
- Macy's
- Market Access Holdings
- Mastercard
- Marsh & McLennan
- McKinney and Co.
- Merck
- New York Life
- Northern Trust Company
- Novartis
- Pfizer, Inc.
- PNC Bank
- Prudential Financial
- Qualcomm
- Salesforce
- Sanofi Aventis
- Silicon Valley Bank
- Sirius XM
- Target CW
- United Health
- Verizon
- Wakefern Food
- Wells Fargo

If you are interested to see if your company has a matching gift program, please visit gscymca.org/ways-to-give. We are so grateful for your support!

MISSION CRITICAL

Grant Partners

Charitable foundations and grantors are critical to the work of nonprofit organizations, and we are grateful that many see Greater Somerset County YMCA as an agent of change working toward the benefit of all. Their investment in our cause strengthens community in our three areas of impact, specifically Youth Development, Healthy Living, and Social Responsibility.

Through your generous support and theirs, children reap the benefits of summer camp and gain learning recovery; communities are safer through water safety programs; adults live healthier lives through chronic disease modifying programs; and, families have meals on their tables through food security initiatives.

We proudly acknowledge funders who, along with our donors, help us move more surely toward our mission, address important issues facing our community, and lay the groundwork for forward progress.

- City of Plainfield
- Corella & Bertram F. Bonner Foundation
- Educational Testing Service
- Franklin Township Community Development Block Grant
- Greater Raritan Workforce Development
- Horizon Foundation, Inc.
- Investors Foundation
- Johnson & Johnson Health Care Fund
- Magyar Bank Foundation
- New Jersey Department of Health & Human Services
- New Jersey YMCA State Alliance
- NJM Insurance Group
- Plainfield Foundation
- Princeton Area Community Foundation
- PSE&G
- Somerset County
- Somerset County Community Development Block Grant
- Somerset Hills Community Health Foundation
- Summit Area Foundation
- Union County Community Development Block Grant
- Westfield Foundation
- YMCA of the USA

GREATER SOMERSET COUNTY YMCA

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BRIDGEWATER YMCA | FRANKLIN TWP YMCA | HILLSBOROUGH YMCA | PLAINFIELD YMCA | PRINCETON YMCA | SOMERSET HILLS YMCA | SOMERVILLE YMCA

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.