



# TRANSFORMING LIVES

2025, ISSUE 4

## LETTER FROM THE CEO

Dear Friends and Supporters,

For generations, the Y has been a steady hand in times of uncertainty, offering connection, support, and hope when it's needed most.



Today, as community needs continue to rise, our steadfast commitment is more important than ever.

Every day, the Y opens its doors to ensure that individuals and families have access to opportunities that strengthen their well-being, physically, emotionally, and socially. From programs that help children learn and grow, to resources that promote health and belonging, we continue to serve as a trusted partner for all who need us.

This work is possible because of you. Your generosity enables the Y to adapt, respond, and reach more neighbors with compassion and purpose. Together, we demonstrate what can be accomplished when a community stands united in care and service.

You are a vital part of our mission; your support deepens the impact we make in the community. We hope you enjoy reading about the difference you are making in the lives of neighbors.

Thank you for helping the Y remain a source of strength and stability, today and for the future ahead.

On behalf of our Y team, I wish you a joyous and peaceful holiday season and look forward to all that we will accomplish together in the new year.

Gratefully,

*David M. Carcieri*

David M. Carcieri  
President/CEO



## HEALTH & BALANCE

### Wellness and Chronic Disease Programs

Wellness at the Y begins with balance — nurturing spirit, mind, and body. Every day, your support helps neighbors build healthier lives and stronger communities. Together, we inspire lasting well-being and help prevent and manage chronic disease through programs that nurture health, connection, and hope, including:

**Veterans' Wellness** – a 12-week program for veterans and their families to inspire overall wellness through exercise, nutrition, and mental health. Military families connect with others who understand their journey, engage in fitness and wellness activities, and find renewed purpose and support in a welcoming environment.

**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.

**Total Parkinson's** – participants experience improvement in mobility, posture, balance, handwriting, speech volume, and a reduction in daily functional challenges. The classes are a source of fun, social camaraderie, and hope.

**YMCA's Diabetes Prevention Program** – is fully recognized by the CDC and helps those at high risk of developing type 2 diabetes 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.

**Enhanced Fitness** – a physical activity program for older adults living with arthritis and designed to safely increase fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness.

**Memory Café** – an innovative program for adults stricken with dementia and Alzheimer's disease, as well as their caregivers. The volunteer-led program was launched at Somerset Hills YMCA and expanded to Hillsborough YMCA with growing participation.

Thanks to your donations, all these programs are offered at no cost to participants. Your generosity fuels a culture of wellness that results in a healthier community for all.



## MARK YOUR CALENDAR

FEBRUARY 11  
Annual Campaign Kick-off

APRIL 8  
Volunteer Spirit Awards & Annual Campaign Celebration





# TRANSFORMING LIVES

On behalf of everyone who benefits from your generosity – **THANK YOU!** We are tremendously grateful for our donors and community partners. You transform lives every day.

## CURIOUS MINDS

The “ooo’s” and “aaa’s” expressed by the children were a sure sign that they enjoyed learning through STEM experiments led by Regeneron volunteers. On October 21, volunteers from Regeneron’s Basking Ridge Office visited our after-school program in Bernardsville as part of their annual Day for Doing Good service initiative. During the event, the volunteers engaged over 40 students with interactive experiments that taught them about the mechanics of catapults and hand movements, as well as Newton’s Third Law of Motion. In addition to the staff giving their time, Regeneron donated the experiment supplies, and all the children received an educational book. We are grateful for our community partners who support our efforts to expand the minds of the children in our programs.



## HONORING VALOR

In a heartfelt tribute to local veterans, Somerset Hills YMCA hosted a Veterans Day Appreciation Breakfast on Friday, November 7, with support from Affinity Federal Credit Union (AFCU). Over 40 veterans from Valley Brook Village and Community Hope attended along with AFCU volunteers and Y staff. The event provided a meaningful opportunity to express gratitude and foster community connections. AFCU volunteers further contributed to the warmth of the event by assembling gift bags of needed toiletries and supermarket gift cards, which were gifted to all of the veterans at breakfast as well as additional residents at Valley Brook Village.



## SPREADING JOY

A shout-out to Dr. Reddy for its heartwarming generosity. A dedicated group of employees came together to assemble brand-new bicycles, which they then donated to the Y to help bring smiles to the children in our programs. Their teamwork and kindness are truly inspiring, making a big difference in the lives of local children in Princeton. Thanks to their efforts, these bicycles will help promote health, happiness, and adventure for many young riders. A wonderful reminder of how small acts of kindness can have a big impact!



## HEALING & HOPE

We are grateful to the Rotary Club of Hillsborough for their support of our LIVESTRONG at the YMCA program. Their generous donation is helping provide vital resources and support for individuals on their journey to recovery. Thanks to their commitment to improving the lives of others, participants in the program will have access to essential services that promote healing, strength, well-being, and hope. We are honored to partner with such a dedicated group, and together, we are making a meaningful difference in our community's fight against cancer.



We are additionally grateful to the Rotary Club of Somerset Hills for being our Giving Tuesday matching gift sponsor for the second consecutive year. They matched up to \$3,000 in donations received that day, all of which contributes to our Annual Campaign in support of our Financial Assistance Program and mission-based programs offered at no cost to the community.

## KINDNESS FOR KIDS

We extend our heartfelt thanks to Amazon and Jag Physical Therapy for spreading smiles through thoughtful donations.

Amazon donated gift bags for the end-of-session party for the Saturdays in Motion program. All the young participants, who have special needs, were thrilled to receive the gifted bags full of games, treats, and sensory toys. Thanks to JAG Physical Therapy's donation of over 100 teddy bears, children in our Princeton YMCA programs felt an extra touch of joy and care.

These thoughtful contributions remind our young participants that their community believes in them — and that kindness comes in many forms. We're so grateful for partners like Amazon and JAG who help make the Y a place where every child feels valued, supported, and loved.



## 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 that enables the Y to expand access to programs and services for individuals and families across our community. Together, we strengthen well-being and foster opportunities for all to reach their full potential.

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:

- Bank of America
- Daiichi Sankyo
- Janssen
- Jockey Hollow Foundation
- KMA Design Studio
- LL Bean
- M&T Bank / Wilmington Trust
- Regeneron
- Rotary Club of Hillsborough
- Rotary Club of Somerset Hills
- Somerset Patriots
- The Uncommon Thread
- Tri-County Orthopedics
- Wells Fargo Advisors

# 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:

- Allegis Group Foundation
- American Express
- Bank of America
- BlackRock
- Bloomberg
- Bristol Myers Squibb
- Chubb
- Exxon Mobile
- First Energy
- GAF
- Guidewire
- Haleon
- IBM
- Johnson & Johnson
- Kirkland & Ellis
- Lincoln Financial
- Macy's
- Moderna
- Marsh & McLennan
- Merck
- New York Life
- Prudential Foundation
- PVH Corp.
- RBC
- Sanofi
- Truist
- UBS
- Verizon
- Virtua Financial
- Wakefern Food



- Wealth Pilot
- Wells Fargo Advisors

If you are interested to see if your company has a matching gift program, please visit the "Support the Y – Ways to Give" page of our website. 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.

- Alfred N. Sanzari Family Foundation
- Atlantic Health Systems
- Brinker International
- City of Plainfield Community Development Block Grant
- Corella & Bertram F. Bonner Foundation
- Community Foundation of New Jersey
- Families and Community Together, Inc.
- Franklin Township Community Development Block Grant
- Greater Raritan Workforce Development
- Johnson & Johnson Health Care Fund
- Mary Owen Borden Foundation
- New Jersey State Bar Foundation
- New Jersey Department of Human Services
- New Jersey YMCA State Alliance
- NJM Insurance Group
- Peapack Private
- Plainfield Foundation
- Princeton Area Community Foundation
- PSE&G
- River Crossing YMCA
- Rummel Foundation
- Somerset County Community Development Block Grant
- Somerset Hills Community Health Foundation
- Somerset Regal Charitable Foundation
- Summit Foundation
- Westfield Foundation
- Township of Hillsborough
- Union County Community Development Block Grant – CV
- USA Swimming Foundation
- YMCA of the USA
- YMCA of the USA Strategic Initiatives Fund



# GREATER SOMERSET COUNTY YMCA

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gscymca.org

Greater Somerset County YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. The Y empowers everyone – no matter who they are or where they're from – by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at [www.gscymca.org](http://www.gscymca.org).