



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BETTER TOGETHER



2017 ANNUAL IMPACT REPORT
YMCA OF METUCHEN, EDISON, WOODBRIDGE & SOUTH AMBOY
YMCAofMEWSA.org

Dear Friends,

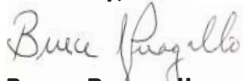
Since 1921, the YMCA of Metuchen has striven to enhance the quality of life for those who participate in our programs. In our 97 years of service, we have expanded our programs to include the communities of Edison, Woodbridge, Perth Amboy, Piscataway and South Amboy. We have grown from a Young Men's organization to an organization that serves all, regardless of age, gender, income or background.

Each year we come together to celebrate the impact that the YMCA of Metuchen, Edison, Woodbridge and South Amboy has on the communities we serve. It is because of the generosity and support of our donors that we are able to provide financial assistance to a family in need of child care, engage a teen in our Leader's Club, provide ESL lessons for a new American, or give hope to a recovering addict on the road to recovery. This type of support is our response to our neighbors that need us the most. However, we cannot do it alone. By working together with our community partners in a meaningful way, we are able to build strong connections to provide relevant services, allowing an even greater impact in the community. We recognize the need to continuously adapt our programs and services as communities change, and to unite and connect our diverse community to provide opportunities to develop healthy lifestyles. And by engaging all, including the younger generation, we can create a community that is nurturing and thriving, building a sense of belonging and well-being and transforming lives.

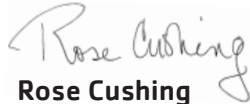
Making our communities great is a full-time job. It only works because of our community partners, because of our members, because of our neighbors and because of you. Because we are BETTER TOGETHER.

Thank you for helping us to strengthen our community and for making our life-changing work possible.

Sincerely,



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FOR YOUTH DEVELOPMENT

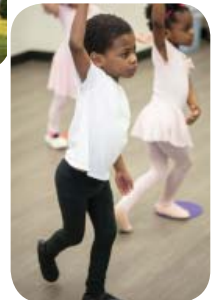
We help children and teens realize their potential by encouraging them to become active, engaged and thriving members of our community.

MEET FRANK TAORMINO

Frank Taormina began his swim career in our beginner teen lessons at the South Amboy YMCA. Upon completion of the class, Frank moved into the advanced teen swim lessons.

Frank joined our Cyclones Swim Team at the age of seventeen, and during his first year on the team, he set records for freestyle and breaststroke events.

After competing as a Cyclone, Frank joined our team of swim instructors and became a certified lifeguard. Frank still works for our Branch as a lifeguard, swim instructor, assistant swim team coach and deck supervisor. Frank can relate to our members because he has gone through our program. He is a great role model to all swimmers, from the youngest kids to seniors, embracing the Y's core values of Caring, Honesty, Respect and Responsibility. Some of Frank's former students who were in his group lessons are currently on our swim team and look up to Frank. He is teaching swimmers, hoping to inspire younger children to follow in his footsteps.



906

Children and youth, regardless of skill or ability, experienced fun, fair play and self-confidence in Youth Sports programs.

686

Children and youth celebrated creativity and learned self-expression and critical thinking in Y Arts programs.

242

Participants in the 7th Grade Initiative, a free program that encourages healthy habits at this pivotal time in youth development.

1,456

Children and youth learned to be safe in the water in our Swim Lesson Program. Strong Swimmers = Confident Kids.

617

Infants, toddlers and preschoolers were enrolled in Child Care/Early Education programs, giving parents peace-of-mind while they work.

18

12-18 year olds joined Leader's Club. Members developed interpersonal and team-building skills with emphasis on community service.

791

Kids participated in Before and After School Care. Parents entrusted their kids to us knowing that they are in a thriving environment.

1,251

Children made new friends, learned new skills, avoided "summer brain drain" and had fun at Summer Day Camp.

FOR HEALTHY LIVING

We are committed to creating a healthier community by providing health and wellness programs for all ages so everyone can reach their full potential.



MEET KATE

Reset. Regroup. Renew. helps recovering substance abusers bring balance to their lives with healthy living options.

Kate, a recovering addict, wrote a letter to the Metuchen YMCA that expresses the impact that this program has on her road to recovery. Read Kate's letter below:

"Reset, Regroup, Renew helps to provide the physical, mental, and emotional/spiritual resources which are vital to my recovery and daily battle against my addiction. Our instructor, Robin, creates a positive space and the necessary/vital opportunity for myself and others in the class to breathe and quiet our embattled minds and bodies. Thank you for the gift of another tool in my recovery toolbox which helps me during the class and in my daily life.

Personally, I know that Reset. Regroup. Renew. is a program that is helpful to me in recovery. With the growing addiction epidemic, the YMCA should take advantage of their strengths and role in the community to help those facing this deadly disease.

Addiction is a disease that impacts every aspect of my life. Thank you for being a key resource."

Donations help us to serve the community with programs such as Reset. Regroup. Renew.

55,862

Monthly facility visits at our branches in Metuchen, Edison and South Amboy.

2,346

Senior members who stayed mentally, physically and socially active through Y membership and programs.

19,333

Members strengthened themselves and their community through membership at the YMCA of MEWSA.

525

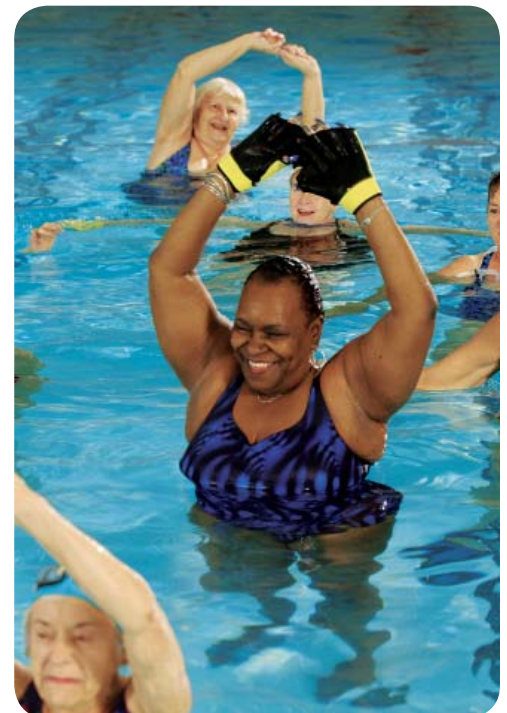
Land and Water Adult Group Exercise classes held each month, helping members achieve their fitness goals.

8

Pre-diabetics improved their overall health and well-being through our new Diabetes Prevention Program, led by a trained Life-style Coach.

5

Parkinson's patients participated in the first-ever session of Knockout Parkinson's Disease, a non-contact boxing program that suppresses or even reverses the symptoms of the disease.



FOR SOCIAL RESPONSIBILITY

Better Together. Everything we do is in service of building a better community. Our donors, members, volunteers and staff demonstrate the power of what we can achieve by giving back.

MEET FRAN – YOUR DONATIONS AT WORK!

Fran is the legal guardian of her granddaughter Juliona, who attends after school care and Summer Camp at the Y's Avenel Learning Center.

In the summer of 2017, Fran found herself in need of a camp scholarship for Juliona.

"I had lost my job in 2016 and my new position was a significant salary reduction," Fran said. "Juliona needed a safe place to go during the summer and I was fortunate to receive assistance from the Y to subsidize the cost of Summer Camp."

Juliona had a blast at camp, enjoying her days, making new friends, going on field trips, swimming at Oakcrest pool, learning new crafts and playing games.

Fran was relieved that her granddaughter was in good hands and having fun, "she had a very fulfilling summer."

This fall, Juliona joined the After School Care program where she spends time with her friends, plays outdoors and has homework help.

Fran especially appreciates the fact that Juliona's homework is done when she picks her up, "I get to spend quality time with her, which is important to me."

"The staff and counselors at the Y are wonderful, the location is convenient and I am grateful for the assistance I received to send Juliona to summer camp," said Fran.

"I don't know what I would do without the Y," she concluded.

Donations to the Annual Campaign make stories such as Fran's and Juliona's possible. Thank you for helping us to help others.



15

Recovering substance abusers participated in Reset. Regroup. Renew. to bring balance into their lives through Yoga, Meditation and Exercise.

128

Community members studied English as a Second Language as part of Family and Conversation groups.

44

Cancer survivors participated in LiveSTRONG@ the YMCA, a free wellness program that helps cancer survivors reclaim their total health.

96

Reduced-fee memberships for members of the military and first responders to acknowledge their service to the community.

310

Children received Financial Assistance to attend Y Child Care and Early Education in our communities.

128

Golfers and friends participated in our 2017 Golf Outing, which raised \$25,588 in scholarship funds to send kids to camp.

FINANCIALS

Income

| | 2016* | 2017** |
|-------------------------|---------------------|---------------------|
| Contributions | \$134 | \$1,326 |
| Membership Dues | \$3,350,947 | \$3,349,304 |
| Program Service Fees | \$9,207,472 | \$9,514,721 |
| Rentals/Sales to Public | \$55,811 | \$70,340 |
| Investments | \$272,399 | \$541,590 |
| Grant Income | \$24,730 | \$27,717 |
| Fundraising Revenue | \$317,972 | \$338,744 |
| Other Revenue | \$188,271 | \$150,783 |
| Management Fees | \$63,901 | \$63,901 |
| Expense Reimbursements | \$43,315 | \$46,868 |
| TOTAL INCOME | \$13,524,951 | \$14,105,312 |

Expense

PROGRAM SERVICES

| | 2016* | 2017** |
|--------------------|-------------|-------------|
| Youth Development | \$2,097,477 | \$1,706,157 |
| Healthy Living | \$2,519,628 | \$2,576,910 |
| Childcare Programs | \$5,369,177 | \$5,787,149 |

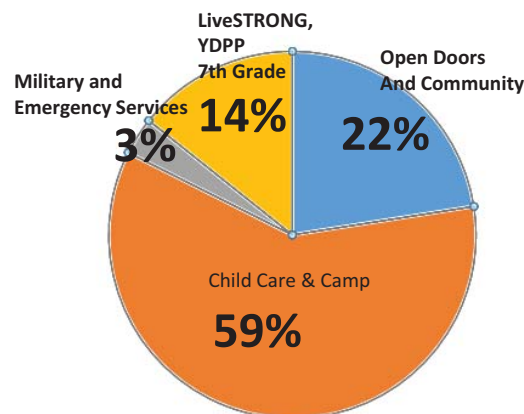
OPERATING EXPENSES

| | | |
|-----------------------|---------------------|---------------------|
| Management & Facility | \$2,877,713 | \$3,106,746 |
| Fundraising | \$78,743 | \$74,677 |
| TOTAL EXPENSE | \$12,942,738 | \$13,251,639 |

* 2016 Audited Financial Statements **2017 Unaudited Financial Statements. A full audit report is available for review upon request.

Thanks to you, the YMCA of Metuchen, Edison, Woodbridge and South Amboy was able to provide \$635,002 in financial assistance to families and individuals in our community.

| | |
|--------------------------------------|------------------|
| Open Doors and Community Memberships | \$143,015 |
| Child Care and Camp | \$380,247 |
| LiveSTRONG, YDPP, and 7th Grade | \$90,750 |
| Military & Emergency Services | \$20,990 |
| Total | \$635,002 |



phi-lan-thro-pist: noun;
1. One who actively promotes human well-being. 2. You.

| 2017 Financial Assistance Awarded by Community* | |
|---|------------------|
| Metuchen | \$98,652 |
| Edison | \$138,154 |
| Woodbridge | \$35,044 |
| South Amboy | \$163,117 |
| Perth Amboy | \$200,035 |
| Total | \$635,002 |

**We are the Y.
We are Community.**

OUR DONORS

Thanks to our generous donors, we were able to provide \$635,002 in financial assistance to fulfill our mission of turning no one away who needs our services.

Gifts of \$1,000 and More

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Please enjoy this 2017 YMCA of Metuchen, Edison, Woodbridge and South Amboy Annual Impact Report. The information in this document is meant to provide a look back at 2017.

All efforts have been made to correctly capture information. If you notice an error, please contact YMCA Association Advancement Director Katie McAdoo at katie.mcadoo@ymcaofmews.org.



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EDISON YMCA

1775 Oak Tree Road | (P) 732 494 3232
Edison, NJ 08820 | (F) 732 548 2598

METUCHEN YMCA

65 High Street | (P) 732 548 2044
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200 John T. O'Leary Blvd | (P) 732 553 9622
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Beth Helsby - Director of Operations, South Amboy YMCA
Cindy O'Neill - Director of Operations, Edison YMCA
Erin Siemers - Senior Childcare Director
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