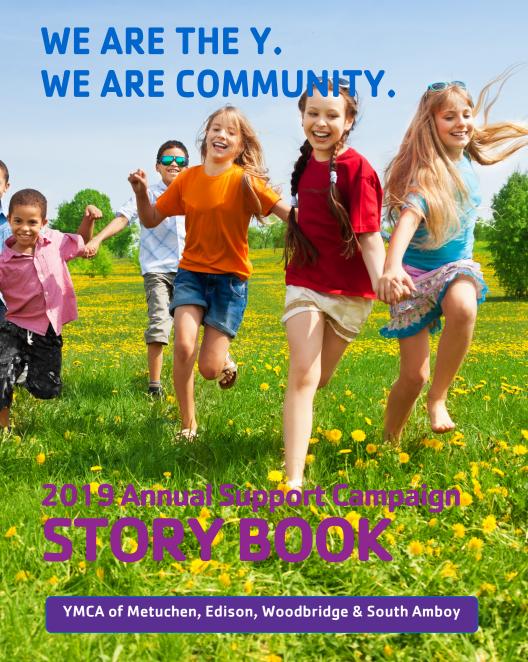


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





Everyday at the YMCA, we work to make lasting personal and social change in the lives of our members and our community.

STRENGTHENING FOUNDATIONS OF COMMUNITY

To strengthen our community, everyone must be given the opportunity to be healthy, confident and secure. Each year, funds raised through the annual support campaign allow us to continue to give everyone this opportunity to anyone in need.

In 2017, the YMCA of Metuchen, Edison, Woodbridge & South Amboy provided over \$635,000 in financial assistance to children, adults and families so that they can continue to learn, grow and thrive.

STORIES OF HOPE AND SUPPORT

Stories of hope and support provide a first-hand glimpse into the mission work accomplished with the dollars donated through our annual fundraising efforts.

We invite you to support the important work of the Y through a gift to the 2019 Annual Support Campaign. There is no minimum gift amount. Any level of support helps those in our community who need it most.

You have the opportunity to designate what Y branch you would like your gift to support. Payment options are available for your convenience.

Thank you for being a part of our YMCA family and helping us impact and inspire one person—and one family—at a time.



EAT. READ. SWIM.

The Edison YMCA collaborated with the Greater New Brunswick Day Care Council (GNBDCC) to allow 12 economically disadvantaged children from their day care center attend Oakcrest Camp to learn how to swim. During July and August, the children attended eight half-hour swim lessons as part of a program called "Eat, Read, Swim". The children



absolutely loved being outside and going to the pool to learn how to swim. On the last day of camp, the students presented their swim instructor with flowers and a huge thank you!

"Your kindness toward our children and staff is deeply appreciated. The small token we paid for the comprehensive services of the Y shows how

much you support efforts to provide equal opportunity for all children without regard to their socioeconomic standing. We look forward to additional teamwork opportunities."

-David Jefferson Harris, Director of GNBDCC

YOUR GIFT HAS AN IMPACT!

\$75 provides before and after care for one week.

\$100 sends 4 kids on a day trip.

\$260 sends a kid to camp for a week.

\$2,600 gives a kid a YMCA summer they'll never forget!



STRONGER TOGETHER



"One day I was on top of the world—the Director of Pediatrics at the Jerry Davis Center at the Arc of Somerset County—and the next day I was battling cancer. After my diagnosis, three separate people recommended the LiveSTRONG® at the Y Program to me. Even though I was hesitant because I had never been successful at an exercise program, I tried it

and it gave me an injection of hope and strength. My wife and I were both able to participate in the program, allowing me to get the support I needed from the person most important in my life. I now look forward to Tuesdays, because that's the day I get to go to the Y.

The program continues to be a gift in our lives from the staff person at the Welcome Desk to Wellness Director Hannah Thomas to the LiveSTRONG® trainers. The program is a miracle and life-changing and we both love the Y and this program. It was not just about being a survivor,

but it changed my life in the best way possible. I feel stronger now than I ever have."

-Kat S. and Jennifer O.

YOUR GIFT HAS AN IMPACT!

\$100 funds a LiveSTRONG® graduation ceremony for those who have completed the 12-week course.

\$250 provides a cancer survivor free access to the 12-week LiveSTRONG® at the YMCA Program.

\$500 pays tuition and travel for a staff member to become a certified LiveSTRONG® trainer.



EXERCISING SPEECH

YMCA Personal Trainer James Farley is an ASHA-certified Speech Language Pathologist. As a Middle School Speech Therapist, James noticed that some of his students started putting on weight as they got older; he identified a need for a program to improve language skills, while at the same time addressing health and fitness. Exercising Speech is designed for individuals with communication deficits—ranging from speech impediments to Autism Spectrum Disorder. The children love exercising while developing conversational skills and exchanging ideas.

"The children feel a great sense of accomplishment after we complete our session.
Regardless of the challenges they experience, the training gives them a sense of empowerment and self-esteem and makes them want to communicate even more so that they can celebrate their accomplishments with their parents and others."

- James Farley



YOUR GIFT HAS AN IMPACT!

\$69 provides a family with a one month of YMCA membership.

\$152 provides before school care for a child 5 days per week.

\$413 provides a child one full month of half day preschool 2 days a week.

\$1,297 provides a toddler with full day care, 5 days a week for a full month.



MIND. BODY. SPIRIT.

I have had a family membership to the Y for over 20 years and would occasionally try to work out, but quit after only a few days. I am also in recovery and have been sober for over five years. At an AA meeting last year, I heard about a new program that the Y was offering called Reset...Regroup...Renew which connects mind, body and spirit for those in recovery. As an overweight, 56-year-old that suffered from diabetes, high blood pressure, high cholesterol and severe neuropathy, I had little

hope that this program would be for me. Thankfully, I could not have been more wrong.

From the first class, I was encouraged to share my stories with other participants who



were able to sympathize and identify with what I was going through. I was able to experience many forms of exercise as well as work with experienced professionals who offered insightful guidance and counseling.

After years of thinking that exercise was boring, I found myself going to group classes almost every day of the week! I was also starting to become part of a community which is so important to alcoholics as they tend to isolate themselves which, in turn, can lead to relapse.

After one and half years of attending RRR and taking classes, I have lose 32 lbs., have been taken off three medications, and lowered my blood sugar levels dramatically. In addition, I have met so many wonderful people in the classes, built up my self-esteem, and have finally made that mind-body-spirit connection. For the first time in a really, really long time, I can say that I am truly happy and at peace with myself. For that, I will always be grateful to the YMCA and their staff.



WE ARE THE Y. YOU ARE THE HOW.

The YMCA is the cross-section of each community we serve. More examples of our community work include:

METUCHEN, EDISON AND WOODBRIDGE BRANCHES (program locations may vary)

- Community service projects through our Togetherhood Program that address a real need: blood drives, food and clothing drives and cleaning up parks and open spaces.
- Free ESL classes for new Americans.
- Subsidized swimming lessons for underprivileged children and children diagnosed with Autism Spectrum Disorder.
- Free Enhance Fitness exercise program for seniors.
- Free LiveSTRONG® Program for cancer survivors.
- Knockout PD Program for those diagnosed with Parkinson's Disease.

CHILDCARE EARLY LEARNING CENTERS (11 LOCATIONS)

- Social opportunities for working families.
- Families connect with distant relatives who suffer from the stress of isolation.
- Parenting education.
- Collaborative projects with churches, schools and municipal partners.

NEW PROGRAMS COMING IN 2019!

- Blood Pressure Self-Monitoring Program
- Healthy Weight & Your Child Program

The YMCA is committed to make our communities healthier, stronger and safer. The possibilities are limited only by our resources—but your gift makes it a reality.

When you give to the YMCA you are giving to your neighbor, your child's friend, or the person sitting next to you at worship.



YMCA OF METUCHEN, EDISON, WOODBRIDGE & SOUTH AMBOY

METUCHEN BRANCH YMCA 65 HIGH STREET METUCHEN, NJ 08840 732.548.2044

EDISON BRANCH YMCA 1775 OAK TREE ROAD EDISON, NJ 08820 732.494.3232

CHILD CARE SERVICES BRANCH 485 MIDDLESEX AVENUE METUCHEN, NJ 08840 732.516.9200

SOUTH AMBOY YMCA 200 JOHN T. O'LEARY BLVD SOUTH AMBOY, NJ 08879 732.553.9622

YMCA ASSOCIATION OFFICE 483 MIDDLESEX AVENUE METUCHEN, NJ 08840 732.516.9200