



# « 2019 ANNUAL IMPACT REPORT 2020 MID-YEAR UPDATE



## NOW MORE THAN EVER...»»»

The YMCA of Metuchen, Edison,  
Woodbridge & South Amboy

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# AS OUR 2019 ANNUAL IMPACT REPORT

was going to press in early March, our daily life dramatically changed when New Jersey locked down in a battle against the most devastating public health crisis in 102 years.

**Though our doors were closed, our cause and mission remain alive and well.**

This revised report proudly shares our community service highlights of 2019, celebrates the 2020 awardees who would have been honored at our April Annual Dinner, and shows the timely ways – now more than ever – that **WE ARE SUPPORTING OUR COMMUNITY IN CHALLENGING TIMES.**



Hackensack  
Meridian *Health*

The **YMCA** of **MEWSA** is grateful to **Hackensack Meridian Health** for generously underwriting the production costs of this special report so that we may share with you – our members, donors, sponsors, collaborators, staff, volunteers, and community members – the integral ways we support and strengthen the communities we serve. Thank you for your continued and much valued contribution to our mission!

# DEAR FRIENDS

Author Karen Salmansohn has written, “The most challenging times bring us the most empowering lessons.” The events of 2020 have certainly given us ample opportunity for empowerment!

As we prepared to report on our impactful services of 2019 – **a year in which memberships, donations, and our ability to serve more neighbors grew** – the world changed. Like other non-profits, we have been called upon to rapidly respond in uncharted, unbudgeted, and radically different ways to the new normal. Many asked, “*How could we continue to serve member and community needs when our facilities were closed?*”

But the Y has always been more than a gym, pool, or learning center. It is a community-centered cause born of a commitment to listen, learn, and serve the timely needs of each neighborhood.

Now more than ever, we remain true to our mission with new or adapted programs aimed at staying connected with our community, serving families in heightened need, and remaining a vibrant part of your lives.

With staff and volunteer dedication, and your generous support, we: provided emergency childcare for frontline workers, hosted blood drives, mobilized and supported food pantries, launched Pre-K Readiness and Distance Learning programs, and are working with local school districts to support working parents’ need for flexible child care and back-to-school academic support.

We moved fitness programs outdoors, created diverse on-line offerings, and piloted dryland swim training to maintain the skills of competitive swimmers. We opened summer camps and the outdoor pool at our Edison branch with rigorous safety protocols, and debuted the outdoor Spray Park at our newly dedicated YMCA at the Piscataway Community Center.

We increased telephone check-ins with vulnerable homebound members, particularly seniors, and cut through social distancing with social media connections to our membership including extensive resource lists and links.

As we gradually and safely reopen our facilities, we welcome you — or welcome you back! Though reopening will likely bring changes from the pre-COVID-19 Y we knew, we are confident that the Y’s timeless mission of building healthy spirit, mind, and body will continue to thrive.

**We are grateful for your ongoing support**, including those who retained memberships and/or donated their monthly drafts for the greater good! We hope this report will demonstrate our commitment to **nurture, strengthen, empower, and give back now more than ever.**

Because more than ever, we rely on your continued membership, generosity, collaboration, and feedback as we open a new Piscataway branch, launch an endowment for legacy giving, and approach the milestone of our 100-year anniversary of service in 2021!

**ROSE CUSHING, PRESIDENT & CEO**

**MICHAEL LACKLAND, CHAIRMAN,  
BOARD OF TRUSTEES**



**ROSE CUSHING**  
President & CEO



**MICHAEL LACKLAND**  
Chairman, Board of Directors



# NOW MORE THAN EVER... HELPING YOUTH LEARN, GROW, THRIVE

## We Invest in Brighter Futures

The YMCA of MEWSA is the largest child care provider in Middlesex County. We dedicate ourselves daily to earn the trust families have placed in us to care for their children and grandchildren.

Our programs offer learning and readiness opportunities for children from infancy through school age, including full and half day programs that teach academic skills, before-and after-school care, swimming lessons, physical fitness programs, summer camps, enrichment classes, health and safety curriculum, STEM activities, and more.

Our 91-member Teen Leaders Club, open to 7-12th graders, and Youth and Government™, a national Y program open to 9th-12th graders, help develop leaders, foster a culture of service, and promote skills to help teens in the classroom, community, and career.



## 2019 YOUTH DEVELOPMENT



**536** families received financial assistance so their child(ren) could attend Child Care, go to After-School programs or Camp.

**630** children and youth participated in Youth Sports programs.

**1,833** infants, toddlers, and preschoolers enrolled in Child Care/Early Education programs.

**211** children and their families participated in Y Family Nights and Kid's Night Out.

**1,808** children and youth learned to swim and practice safe habits around different water environments reducing the risk of childhood drowning.

**2,035** children made new friends, learned new skills, avoided summer "brain drain" and had fun at Summer Day Camp.

# WE MEET CURRENT NEEDS

**In 2020, we serve our children, teens, and families virtually and in safe, face-to-face settings demanded by challenging times.**

Virtual and in-person learning programs are reducing the stress of families working from home:

- » One-hour, one-on-one **virtual tutoring sessions** support students in grades K-8 with schoolwork.
- » **Kindergarten Readiness Program** provides learning activities, in a small virtual class setting, that align with NJ Preschool Standards and The Creative Curriculum Objectives for Development & Learning.
- » **In-Person "Academies"** welcome children to safe spaces where instructors provide support for school districts' online instruction while parents work in or out of the home with peace of mind.



#### ◀ **Camps during COVID-19**

Following strict health guidelines, we welcomed **320** campers this summer at **4** sites. Enhanced screenings, drop-off procedures, lunch from home, and other safety measures protected our children and instructors.

## YOUTH SERVICES DURING COVID-19\*

\*March - August 2020 totals

**106** children participated in virtual preschool and school-age virtual classrooms.

**13,177** visits to our online Resource pages helped caregivers access great links to online story hours, craft and activity ideas and tips on ways to help children cope with the "new normal".

**339** children and youth attended in-person child care.

**\$12,707** in camp scholarship funds provided peace of mind for families facing economic challenges.

Miss Georgina Harmer conducting virtual ▶  
Kindergarten Readiness session

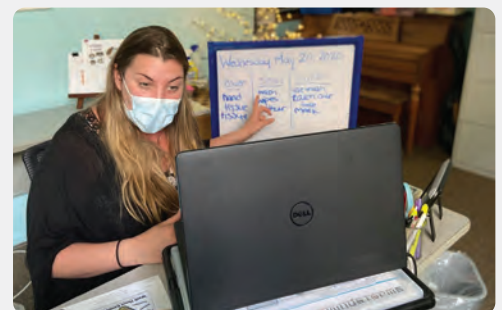
## Staying Connected: Meet Kara C. and Her Parents

Melissa and Andrew C., both teachers, had been pleased pre-COVID-19 with the quality of instruction their pre-schooler Kara was receiving at the Y's Edgar Early Learning Center in Metuchen.

When COVID-19 suspended Kara's in-person classes, they continued with the Y's virtual instruction. Melissa explains, "We signed up because Kara missed her teacher, and we wanted her to be able to see Miss Gina and some friends. Knowing what a typical four-year-old is like, I didn't expect for Kara to sit still and learn that much in front of a computer. I am shocked and amazed by what Miss Gina has been able to do virtually. Not only does she keep Kara engaged as much as possible, but she is learning a lot of valuable content. We are truly impressed."

But the benefits for this family went beyond content. "The best part is that Miss Gina is so caring and encouraging. Kara really needs to share her stories, worries, and questions with her teacher. Miss Gina's willingness to listen to Kara is the greatest gift she has given her during this crazy time. We are thankful."

As the two educators work out plans for the coming school year, they know it will include the Y. Andrew said, "We have made a lot of decisions as parents and we're not so sure they were all the right ones, but sending our kids to Edgar has been one of the best decisions we have made."



# LIVING YOUR HEALTHIEST LIFE...

## WELLNESS...

### A STATE OF SPIRIT – MIND – BODY

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

#### Your Gifts Impact Lives: Meet D.W.

D.W. found she could only stick with “heart pounding” cardio workouts a few days at a time. Then, the five-year recovering alcoholic heard about Reset... Regroup...Renew — a Y program for adults in recovery made possible by donor gifts.

She said, “As an overweight, 56-year-old that suffers from diabetes, high blood pressure, high cholesterol, and severe foot neuropathy (due to my years of drinking), I didn’t have high hopes this would be for me. Thankfully, I couldn’t have been more wrong.”

D.W. found comfort in the class as participants safely shared their stories. She found herself loving yoga, meditation, and the chance to sample workouts such as boxing, Qi-Gong, and PiYo.

As her confidence grew, she was attending Y group classes almost every day, and was “starting to become part of a community which is so important to alcoholics” to avoid isolation which can lead to relapse.

Her “long-story-short” results after 1½ years of recovery group and classes: She’s lost 32 lbs., dropped three daily medications, and lowered her A1C to a better level than someone who never had diabetes. She has met new friends, built self-esteem, and “finally made that spirit-mind-body connection. For the first time in a 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 ....”



## NEW IN 2019

### Healthy Weight and Your Child

We’re tackling the childhood obesity epidemic with this new class for children ages 7-13 years with a BMI in the 95th percentile or higher thanks to a grant from Y-USA. The program empowers each child, accompanied by a family member, to reach a healthy weight and live a healthier lifestyle.



### Blood Pressure Self-Monitoring Group

This four-month program teaches adults diagnosed with high blood pressure to self-measure their pressure monthly, while attending nutrition education seminars and developing healthier eating habits.





# NOW MORE THAN EVER

## MAINTAINING HEALTH & REDUCING ANXIETY DURING A PANDEMIC



### Staying Fit at Home

Members who are sheltering at home did not have to give up their fitness routines thanks to online and live virtual classes offered six days a week. Thanks to its popularity, we are considering continuing this program model even now that our gyms have reopened.



### Fitness & Fresh Air

We began socially distanced fresh-air workouts at our three facility branches. Members have appreciated the chance to get outdoors while working out with their favorite YMCA instructors.



### Splashing Safely

In advance of the opening of the YMCA at Piscataway Community Center, the Spray Park was opened to provide family outdoor fun safely.



### Dryland Aquatic Workouts

Swim team athletes kept active and fit remotely thanks to virtual dryland workouts twice a week. This pilot program included video analysis, technique discussions, guest speakers, and conditioning so that team athletes will be ready to dive in successfully when swim meets resume.

## 2019 HEALTHY LIVING

The YMCA offered over **160** group fitness classes per week.

**16,475** members strengthened themselves through their Y of MEWSA membership.

**2,612** Senior members stayed mentally, physically, and socially active through Y membership programs.

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

# NOW MORE THAN EVER...

## GIVING BACK FOR GOOD

We are committed to the social responsibility of giving back — supporting our neighbors in need, and our community's most vulnerable thanks to you!

### A Weight Off Her Mind: Meet Ivonne F.

For working parents of limited means, summer can create a tug-of-war between keeping a job vs. keeping children safe.

Ivonne F. found her solution in the Y's donor-subsidized camp tuition. She wrote, "As a single mother, the YMCA saved me because, honestly, I didn't know what I would have done with my children and still have been able to keep my job because summer camp can be very pricey. Thank you for mentoring my daughters and keeping their spirits high when I could not physically be there."

Ivonne appreciates that Y camps offer more than mere babysitting. She says, "Thank you for all the trips, special adventures, and activities they did this summer. Whoever designed this program has a heart of gold. The YMCA will be forever a part of my family. Their teacher's guidance has been influential, and I know it will shape my daughters' skills and habits as they move on to the next grade. Thank you from the bottom of my heart for making this possible for so many families. I'm looking forward to next year and those great family fun nights."



▲ Donors made camp possible for 1,148 campers in 2019.



## TOGETHERHOOD VOLUNTEER-LED INITIATIVES STRENGTHENING OUR COMMUNITY

In 2019, **239** adult and youth Togetherhood volunteers contributed 512 service hours meeting the needs of our community through 25 activities such as blood drives, food drives, days of service, representation at community events, and support of our business community initiatives.



▲ **Pictured:** Y Togetherhood volunteers at a National Day of Service cleanup of Metuchen Freedom Plaza on September 11, 2019.



# SUPPORTING OUR NEIGHBORS

## Essential Child Care for Essential Workers

The Department of Children and Families certified our YMCA to respond to COVID-19 by offering emergency child care services to first responders, healthcare workers, grocery store clerks, bus drivers, and other essential employees in accordance with Governor Murphy's Executive Order No 110. The program launched on April 6th and served **339** children. Thanks to the John Ben Snow Foundation for much needed monetary support of our emergency child care services including personal protective equipment, cleaning and staffing costs, and registration fees for underserved families.

## Grant Protects Children and Staff

The Federal Home Loan Bank of New York, through Manasquan Bank, awarded The YMCA of MEWSA a \$10,000 COVID-19 Small Business Recovery Grant to purchase PPE equipment for staff in our child care programs and branches, as well as signage and acrylic barriers to help prevent the virus' spread.



## 2019 SOCIAL RESPONSIBILITY

**527** military and emergency service workers received reduced membership fees for a total value of **\$22,985** to show appreciation for their service to our country and communities.

**1,356** individuals received membership assistance for a total value of **\$78,431** through our Open Doors Membership Assistance Program.

**262** teens were members of our Leader's Club and 7th Grade free membership initiative, for a total value of **\$74,420**.

**536** families received financial assistance for a total value of **\$491,750** so that their child(ren) could attend before-or after-school programs or camp.

**178** individuals received financial assistance for a total value of **\$19,916** to participate in enrichment programs, receive swim team scholarships, and take swim lessons including Special Olympics and our Autism Swims Program.

**33** individuals were able to take part in our healthy living programs including LiveSTRONG® at the Y for cancer survivors, Diabetes Prevention Program, and Knockout PD Parkinson's Program for a total value of **\$3,179** so that they could reclaim or improve their total health.

**THE Y OFFERED NUMEROUS FREE PROGRAMS AND ASSISTANCE TO THE COMMUNITY, TOTALING MORE THAN \$760,000**

## 2020 HONOREES

### CHARLES S. EDGAR MEMORIAL AWARD PAUL EDGCOMB

The Charles S. Edgar Memorial Award honors an individual who has greatly served the youth of the community, exemplifies community spirit, has contributed to the community through a variety of organizations and in a variety of roles, and is responsive to and interested in the work of the YMCA.



**PAUL EDGCOMB**

Paul Edgcomb has been a YMCA advocate and self-proclaimed “Y guy” for more than six decades.

His YMCA experience began at age nine at his hometown branch in South Amboy. He has fond memories of Y summer camps, and learning to swim in Y pools.

Over his lifetime, Paul has enjoyed memberships at seven New Jersey YMCA’s. The last, longest — and most satisfying — has been in Metuchen which he joined with his wife Elaine and their two children in 1984.

As Paul prepared to retire from Verisk Analytics, he was invited to join the Metuchen Branch Board. He has served from 2013, including as Chairman from 2015 to 2019. He has also served on the Y-MEWSA Board since 2015, first as an ex officio member, and presently as an elected member and Co-Chair of the Y’s Annual Support Campaign.

Paul is responsible for the success of Metuchen’s Togetherhood Program, the Y’s member-volunteer program focused on social responsibility, and is assisting with the inception of a Togetherhood Program at the Edison Y. He notes, “Togetherhood is a key component of the Y’s wider role as a community servant.”

In his lifelong association with the Y, Paul has seen it change, yet retain its mission, focus, and vision. “The presence of a YMCA in a community has always helped that community be stronger,” he says. “Its mission, focus and values have never been more relevant than now.”

**It is equally true that the presence of a Paul Edgcomb makes any Y stronger and our community a more caring place to live!**

#### Past Recipients

1989 Martin Jessen	1997 Robert Beringer	2005 Ralph Steinhardt	2013 PSE&G
1990 Harry Russell	1998 Deborah Hassert	2006 Ronald Grayzel	2014 Theodore & Sally Ayotte
1991 Walton Zelle	1999 Pamela Brown	2007 Michael Patterson	2015 Maria Tomaro
1992 Walter Bradstreet	2000 Jack Belowich	2008 Lucinda Florio	2016 Bill Lovett
1993 John Cassell	2001 Dr. William Ainslie	2009 Edward H. Perone	2017 Patricia Wiley
1994 Frederick Runyon	2002 Dr. Richard Neuberger	2010 David Belowich	2018 Lorraine Mulligan
1995 Donald Wernik	2003 Katherine Liseno	2011 Gary Ostermueller	2019 Jan Grayzel
1996 Richard Hale	2004 John Wiley, Jr.	2012 Dora Ramos	

# 2020 HONOREES

## PETER J. BARNES, JR. COMMUNITY CHAMPION AWARD GEORGE J. TRAPP

The Peter J. Barnes, Jr. Community Champion Award honors an individual who has a legacy of community service, is responsive to and interested in the work of the YMCA, and serves as an example for others of leadership, integrity, and the four core values of the YMCA: caring, honesty, respect, and responsibility.



»» GEORGE J. TRAPP

George J. Trapp is the embodiment of a selfless community champion. He has served as a Director and Secretary of the YMCA of MEWSA since 2014 while contributing to many other service organizations.

George retired in 2003 as Executive Vice President and Corporate Secretary of New York Life Insurance Company, where he was employed for 30 years. Previously, he was a reporter and editor at The Home News in New Brunswick, N.J. Following retirement, he became Board Chair of the Madison Square Park Conservancy, a public-private partnership which oversaw restoration and ongoing management of historic Madison Square Park in NYC.

George serves as Board Chair of the Center for Great Expectations in Somerset, N.J., the premier provider of trauma-informed services to clients and their children working to break the destructive generational cycle of trauma, abuse, homelessness, and addiction.

As Finance Council Chair, he led the drive to refurbish St. Francis Cathedral's pipe organ in 2018, and served on the 50th Reunion Committee of his Rutgers University Class of '70.

George was a former member and President of the Metuchen Board of Education, and a former member of the Middlesex Regional Educational Services Commission. He was a founder and director of Community First Bank in Somerset, N.J. which merged with Regal Bank in 2016 where George now serves as a Director.

A resident of Metuchen since 1986, George is also a director and president of The Fishery Condominium Association of Ship Bottom, N.J.

**Congratulations, George, on this most deserved honor!**

### Past Recipients

2005 Peter J. Barnes, Jr.	2010 David Crabiel (Posthumously)	2015 Not Awarded
2006 Barbara Buono	2011 John T. O'Leary	2016 Mickey Gross
2007 Caroline Ehrlich	2012 Thomas Vahalla	2017 Honorable James J. Florio
2008 Charles Tomaro	2013 Middlesex County Greenway	2018 Zusette Dato
2009 Patrick J. Diegnan, Jr.	2014 Peter J. Barnes, III	2019 Speaker Craig Coughlin



## 2020 HONOREES

### COMMUNITY PARTNER AWARD HACKENSACK MERIDIAN JFK UNIVERSITY MEDICAL CENTER

The YMCA Community Partner Award, inaugurated in 2019, celebrates and recognizes community organizations which have made significant contributions to the YMCA and the community.

Hackensack Meridian JFK University Medical Center (JFK) is the quintessential role model for corporate social responsibility and civic engagement.

JFK was founded in 1967 as a not-for-profit medical center in response to the increasing demand for health care services created by rapid population growth in Edison, Woodbridge, Metuchen, and the surrounding areas. Likewise, JFK has grown considerably over the last 53 years.

Its first major campus expansion in 1974 was the addition of the JFK Johnson Rehabilitation Institute (JRI) to provide therapeutic programs for adults and children disabled by illness or injury. In 1992, the JFK Neuroscience Institute was established to specialize in the diagnosis and treatment of brain and spinal disorders. Both signature services are now nationally renowned centers of excellence.



JFK now stands as a 499-bed, academic medical center and key component of Hackensack Meridian Health – New Jersey's most comprehensive health network. Annually, JFK admits more than 17,500 patients, delivers more



Hackensack Meridian  
JFK University Medical Center



than 2,000 babies, and provides care for approximately 75,000 visitors to its Emergency Department.

JFK's care extends beyond the hospital walls as well. Their Emergency Medical Services (EMS) team plays a prominent role in the health and safety of local residents, responding to thousands of 9-1-1-calls every year. JFK's Family Medicine Center is home to several programs that provide primary medical care and health education to the most vulnerable community members.

JFK has been a vital philanthropic partner over the years, consistently contributing to our Annual Support Campaign and fundraisers. The support and collaboration we have received from JFK has allowed us to achieve greater impact than we could have generated on our own. Their staff and trustees have been actively involved in Y leadership roles, and instrumental participants in our health initiatives and special events.

JFK's commitment to the health of our communities has never been more prominent than during the height of the pandemic when it saw the third highest census of COVID-19 patients of any hospital in New Jersey. JFK was the scene of unimaginable bravery and compassion as their frontline team battled against this terrible virus, caring for our neighbors, families, and friends.

We could not be more proud and grateful of our partnership with JFK. As we approach our 100th anniversary in 2021, we look forward to continuing this longstanding relationship to help ensure the health of our surrounding communities.

#### Past Recipient

2019 Recipient Metuchen Bank

# 2019-20 HIGHLIGHTS

## YMCA at Piscataway Community Center Dedicated

YMCA and Township dignitaries gathered on July 25, 2020 to dedicate The Piscataway Community Center, including a pirate-themed Spray Park, which will house the YMCA of MEWSA's newest branch. The \$32 million, 83,000-square-foot facility community center will also house an indoor aquatic center with three pools, full-sized basketball court with an overhead running track, fitness center, dance and art studios, youth activity and community rooms, café, and large meeting space. We are excited to be a part of this magnificent project that will bring expanded services to our community!



## Y President/CEO Appointed to Recovery Council

New Jersey Assembly Speaker Craig Coughlin announced in May 2020 that our President & CEO Rose Cushing will be joining 32 other prominent community leaders to serve on his Economic Recovery Council. The Council is comprised of community experts who will advise the Speaker and other Assembly Leadership on efforts to ensure New Jersey can responsibly recover from the devastating impacts of COVID-19 when the pandemic subsides.



## YMCA Hosts Governor's Visit

The South Amboy YMCA hosted a social hour and press conference in March 2019 for Governor Murphy to promote the value of brownfield developments, positioning the Y as a strong community benefit organization. Special guests included Assembly Speaker Craig Coughlin, Congressman Frank Pallone, DEP Commissioner Catherine McCabe, and local officials including Hon. Mayor Fred Henry, Council President Mickey Gross, Councilwoman Zusette Dato, Superintendent Jorge Diaz, Windsor Healthcare/Venetian Care & Rehabilitation, and Woodmont Properties Executives Stephen Santola and Steven Varneckas.

## 2019 HIGHLIGHTS

YMCA members made **717,698** visits to the Y in 2019. This does not include program or special events.

The YMCA served **21,824** unduplicated people.

YMCA members made **59,808** monthly visits to our branches.

There were **527** reduced fee memberships for members of the military and first responders to acknowledge their service to the community.

**239** YMCA Togetherhood volunteers gave back and supported their community to deliver positive, personal and social change.

YMCA of MEWSA Board welcomed **3** new members in 2019. **Nancy Corcoran-Davidoff** is Executive Vice President, Chief Experience and Human Resources Officer for Hackensack Meridian Health. **John Hogarty**, recently retired as Managing Director and Chief Operating Officer of Global Wealth Investment Management for Bank of America/Merrill Lynch, is a self-employed Senior Advisor to private equity firms; and **Kenneth Drinkard** is a Vice President and Assistant General Auditor for New York Life.

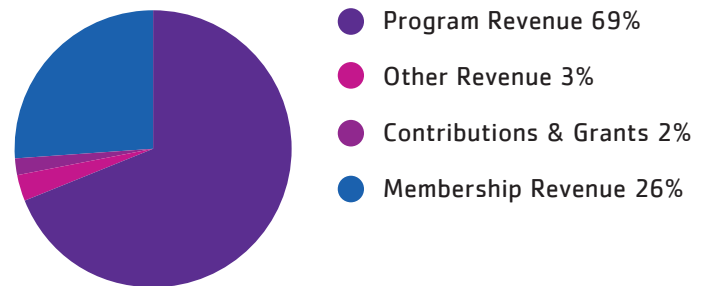
# RESPONSIBLE STEWARDSHIP

Income	2019
Membership Dues	\$3,415,994
Program Service Fees	\$8,433,637
Investments	\$168,935
Grant Income	\$1,081,307
Fundraising Revenue	\$289,383
Other Revenue	\$329,106
<b>TOTAL INCOME</b>	<b>\$13,718,362</b>

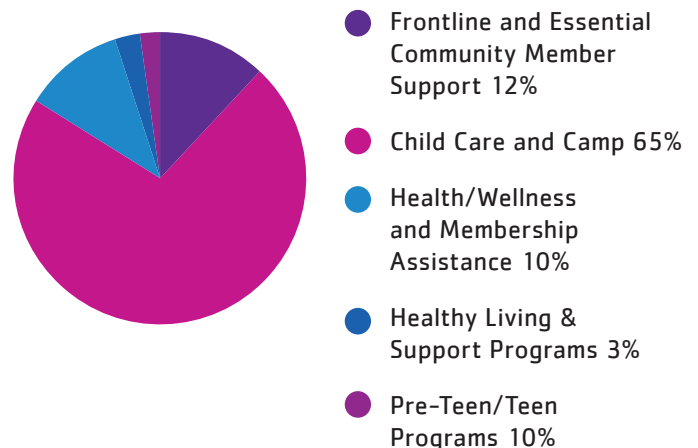
Expenses	2019
<b>PROGRAM SERVICES</b>	
Youth Development	\$1,854,379
Healthy Living	\$2,589,564
Child Care Programs	\$5,931,382
<b>OPERATING EXPENSES</b>	
Management & Facility	\$2,759,289
Fundraising	\$29,738
<b>TOTAL EXPENSES</b>	<b>\$13,164,352</b>

Financial Assistance Awarded	2019
Frontline and Essential Community Member Support	\$93,271
Health/Wellness and Membership Assistance	\$78,431
Healthy Living & Support Programs	\$23,095
Pre-Teen/Teen Programs	\$74,420
Child Care	\$266,515
Camp	\$225,054
<b>TOTAL</b>	<b>\$760,786</b>

## Income Source Percentages



## Assistance by Percentages



We raised **\$308,328**  
on a goal of **\$275,000**  
in 2019, 12% above goal.

We awarded over **\$760,000** in  
financial assistance and community support  
programs in 2019, 12.6% above 2018.

For every dollar raised, we awarded **\$2.50**  
in financial assistance and community support.

Financial assistance and community programs  
served **3,225** members.

Our Mission Possible 2020 goal of  
**\$330,000** depends on your  
generous support. Please help us do  
more and serve more next year!

TOGETHER WE CHANGE LIVES

**WORKING  
TOGETHER**



# THE NEIGHBORS BEHIND THE NUMBERS

## THANKS FOR GIVING:

» to a **9-year-old boy** who joins friends in a safe YMCA after-school program instead of going home to an empty house while his single mom works.

» to a **five-year-old** who will start Kindergarten better prepared to learn and succeed because of the Y's Pre-K and Kindergarten Readiness Programs.

» to a **cancer survivor** who is stronger and more confident after joining the LiveSTRONG™ at the Y exercise program.

» to a **10-year-old girl**, struggling with fat-shaming at school, who is learning to control her weight through healthier lifestyle habits.



» to a **grandmother** living more fully with Parkinson's Disease through the Y's Knockout PD Program, a non-contact boxing program.

» to a **single dad** who can now work, feed, and house his family with peace of mind as his two kids have fun at a Y summer camp.

» to a **veteran** re-engaging with her family through a YMCA membership after a traumatic tour of duty.

» to a **lonely, recent senior widower** who's staying active and connected with new Y friends in our free Enhance Fitness Program.

» to a **high school student** who now has the chance to learn lifelong leadership skills and civic responsibility.

# NOW MORE THAN EVER... YOU BUILD BRIGHT FUTURES

## Gifts of \$10,000+

Anne and Michael Lackland,  
Childers-Lackland Foundation  
Hackensack Meridian JFK  
University Medical Center  
George J. Trapp

## Gifts of \$5,000-\$9,999

Peter and Catherine  
Barnes Fund  
Edison Firefighters Local 1197  
Mary and John Hogarty  
Barbara and Martin Jessen  
Manasquan Bank,  
Charitable Foundation  
Metuchen Bank, a division  
of Manasquan Bank  
2B Entertainment

## Gifts of \$2,500-\$4,999

Desarey and Brad Ciambotti  
Conover Building  
Maintenance, Inc  
Rose and Bob Cushing  
Elaine and Paul Edgcomb  
Lucinda and  
Hon. Governor James Florio  
Dr. Joseph W. Gaffney  
Kimberley and Jay Galeota  
Elizabeth and John Gorman  
Jan and Ronald Grayzel  
Robert Hale, Halecon  
The Helping Hand Team, Inc.  
Matrix Fitness  
Metuchen Y Swim Team  
Parents Association

## Microsoft

Elsie Catena, Ray Catena  
Motor Car Corporation  
South Amboy Elks Lodge 784  
Wegmans Food Markets  
YMCA Of The USA

## Gifts of \$1,000-\$2,499

AJEC Electrical  
Contractors LLC  
Alliance Bernstein  
Allstate Foundation  
Asset Protection Group  
Assisting Hands  
Home Healthcare  
Christopher Bailey  
Amboy Bank  
Valerie and Frank Montecalvo,  
Bayshore/Montecalvo  
Family of Companies  
Barbara Boland  
Tullio J. Borri  
Joanna and Thomas J. Bosek  
Brighton Gardens of Edison  
Bulldog Builders, LLC  
Chick-fil-A #01425  
Chick-fil-A #03429  
Raquel and Anthony Conrad  
Esposito Construction  
Nancy Corcoran-Davidoff  
Costello Runyon Funeral Home  
Letitia and  
Hon. Craig J. Coughlin  
Jennifer and George Dailey  
Dakshin Express  
Dorothy and John DeFoe

Devine's Pharmacy  
John and Jennifer Dowd  
Jay Elliot  
Federal Business Centers  
First Property Managment  
Gawronski Family Foundation  
Carol Kennedy and  
Stormy Gayle  
Elaine and Mark Goldstein  
Gulberg Builders

New Jersey General  
Assembly District 19  
Nisar Foundation Inc  
Neha Bhambri, M.D., NJ  
Allergy & Asthma Care  
Kathy Kovach-Orr  
and Robert Orr  
Anand and Seema Pande  
Bruce Peragallo  
Pfizer Foundation



▲ **The Janice Garbolino Memorial 5K Run/Walk** in September 2019 included 276 runners/walkers who raised more than \$22,000 for LiveSTRONG™ at the Y – a free program for cancer survivors. Many participants fully embraced the theme “Calling All SuperHeroes!”

Hawkeye Development  
Hughes Environmental  
Engineering  
BCB Indus American Bank  
Gregory Ingrassia, Geico  
Janus International  
Michelle and Jeff Josell  
Karson Food Service  
Khachaturian Engineer  
Associates  
Crystal and Robert Kleinau  
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Jennifer Libroia and  
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Craig Levine  
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James Peck  
Mt. Zion Lodge No.135 F & M

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 Davita Woodbridge  
 Dialysis Center  
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 Dyer Insulation  
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 EIC Group, LLC  
 Kathleen Fitzpatrick  
 Fox & Foxx Development, LLC  
 Frank Garbolino  
 Faith and Justin  
 Garbolino and Family  
 Geico Edison  
 Gordon Brothers Development  
 Jennifer and Matthew Guthlein  
 Laura Ingrassia  
 Insurance Offices of America  
 ISSI  
 Jan-Pro of Central NJ  
 Marnie Jeney  
 Pratibha Katariya, Allstate  
 William H. Keers



▲ **2019 John G. Malinowski Rising Star Honorees:** Bruce Malinowski congratulates the 2019 honorees of the award named in honor of his dad, former CEO John Malinowski. Honored for their outstanding service to their branch were: from l: Caroline Rankin (Edison); Kaitlyn Prendergast (Metuchen); Holly Elliott (YMCA Child Care Services); and Emily Shemchuk (South Amboy).

George Koscs  
 L2M Construction  
 LaPorta Builders, Inc  
 Mariam and Conrad Lesnewski  
 Lorraine F. Lester  
 Nancy Rao and Nelson Li  
 Danica Lindsey  
 Laura Lindsey  
 Janet A. Lipman  
 Karen and Michael Lombardi  
 McMaster-Carr  
 Anthony and Susan Melchione  
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 Lisa Misurella  
 Elizabeth Moreira  
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 MTD Associates  
 John J. Muldoon  
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 All Systems Audio & Video  
 Anthony's Pizza Holdings  
 Company LLC  
 Diane Belanchik  
 Doreen and David Belowich  
 Bill's Ineffable Automotive  
 Rehabilitation



▲ **4-Star Child Care** - Colonia and Metuchen Learning Centers received a 4-star rating for its successful completion of the rigorous, research-based Grow NJ Kids quality rating program! Grow NJ Kids, New Jersey's Quality Rating and Improvement System (QRIS), visits programs to review quality standards and rates programs—up to five stars—that meet an extensive list of quality benchmarks. Pictured left to right: Bina Sahu, Meghan Doriety & Fatima (Ismail) Arastu, Cindy Shields



# NOW MORE THAN EVER...



▲ **Heroes and Cool Kids** at the Metuchen Y mentors middle school kids on important life skills, including sportsmanship, conflict resolution, and positive lifestyle choices highlighting drug, alcohol and tobacco prevention. To engage middle schoolers, the YMCA offers free membership to 7th graders.

Central Jersey  
Security Cameras  
Maureen Cozine and  
Brian Tobin  
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Mary M. Daly  
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Zusette and Robert Dato  
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Marsha and Avi Duvdevani  
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Marguerite and Kyle Grant  
Susan and Mickey Gross  
Shontae Hanks-Campbell  
Kevin Hoagland

Heather and Richard Hoffman  
Kristen Inzirillo  
Durriya Ismail  
Fatima Ismail  
Nancy E. Jessen  
John Maltese Iron Works  
Shyby Joy  
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Kinder Pediatric Urgent Care  
Billy Laporta  
Theodore Lawrence  
Leigh and William Levy  
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Bradford Lindsey  
LiveStrong Program  
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Thomas McCabe  
Ara Jill McKay  
Courtney McKnight and  
Tom Rockafeller  
Joan McNulty  
Mark McPherson  
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Matthew Melchione  
BethAnne Merritt  
Mezzacca & Kwasnik, LLC  
Mikita & Rocanova  
Kathy and Bill Minaeff



▲ **Metuchen and Edison Citizen Preparation Classes** – Our Y is helping to prepare our community's newest citizenship candidates with eight-week courses that focus on civics, US history, vocabulary, and English-speaking skills needed to pass the citizenship test and interview.



▲ (L) **Celebrating Diversity** – The Y Train (green, of course) rides in South Amboy's St. Patty's Day Parade manned by staff and volunteers. (R) Edison YMCA hosted its first Diwali Celebration where Indian members wore traditional clothing and shared favorite dishes with the community.



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Caitlin Norek  
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Edmund O'Brien  
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Barbara Verikas  
The Wade Family  
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Judy Weinberg and  
Erik Dienemann  
Marisha Wignaraja and  
Spencer Dreher  
Thomas F. Zimmerman  
Walter Zjawin

## Gifts of \$100-249

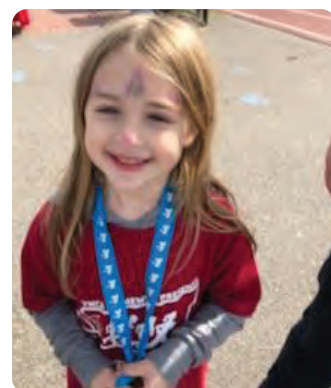
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Rosslyn Alexander  
Anthony Michael Painting  
Adam Ashor  
Claudia Asmuth  
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The Heather Twig  
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Martha Kelly and  
Bogie Boscha  
Brianna Kierson  
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Lyla Legaspi  
Cub Liquors  
Assemblywoman  
Yvonne Lopez  
MAC 46-1, INC.  
Courtney Marcus  
Marion G. Costanza,  
Attorney At Law  
Gregg Marshall



▲ **Tot Trot & Fall Festival** - The 11th Annual October event at Metuchen High School attracted 148 children and families and raised \$10,000 for Y programs.

Carol Martin  
Gabriel Martinez  
Robert M. Mason, Jr.  
Kate and Sean Massey  
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Pamela McElwee  
Cynthia and Craig McKeown  
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Sara Palovick  
Helen Paterniti  
PDZ Electric  
Nancy Pinkin  
Elysa M. Potocki  
Kaitlyn Prendergast



▲ **Richerd Hale Golf Classic** - Carts get ready to hit the links at the Y's annual golf fundraiser at Metuchen Golf Club on June 4, 2019. The Classic, sponsored by Hackensack Meridian Health and Halecon, included 84 golfers and raised \$18,000 for our Send a Kid to Camp Fund — or 75 weeks of camping fun!

Jennifer Carreto  
The Casey Family  
Century 21 Main  
Street Realty, Inc  
CES

Fresco by Jimmy  
Friendly Vending LLC  
David Fulenwider  
Hester Gelber

# TOGETHER WE ARE ONE...

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 Annmarie Sabovick  
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 Rajendra Shah  
 Kimberly Shibata  
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 Joyce and Donald Wernik  
 JoAnn Williams  
 Melinda Wilson  
 Dorothy Winhold  
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 John Woody  
 Jahnyah Alias Wooten Powell  
 Lauren and Farouk Yassine



▲ **Love Takes Action Award** - Volunteers from Humbled By Your Service deliver food to healthcare workers at Robert Wood Johnson. The grassroots group was founded by Alka Aneja, a YMCA of MEWSA and Edison Branch Board member, whose outreach for both organizations during COVID-19 earned her one of 35 national Love Takes Action Awards from the New York Life Foundation in celebration of its 175th Anniversary. Alka shares this honor - which carries a \$50,000 general support grant - with the YMCA, and MEWSA Board Member Seema Pande, a VP at New York Life, who nominated her.

Eleanor R. Zampetti  
 Linda Zeh

## Gifts of \$25-99

Raquel Aday  
 Kim Adlerman  
 ADP  
 Anshu Agrawal  
 Nicole Alaimo  
 Emily Alcid  
 Maleka Ali  
 Jen Lee Almeida  
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 Uzma Amjad  
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# NOW MORE THAN EVER

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 Bhairvi S. Sethi  
 Anne Severini  
 Summer Shaman  
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 The Pfizer Foundation  
 PNC Foundation



^ **South Amboy 2nd Graders Learn Water Safety** - South Amboy YMCA's Safety Around Water Program was recently offered to all second-grade students in partnership with the City of South Amboy School District through grants and fundraising. Prior to the launch of the program, second-grade families in South Amboy shared that 75% of children had never participated in a swim lesson. Pictured, staff member Judith Murawski with swimmers

Donna and Jan Williams  
 Lauren Wirth  
 Man-Ying Wong  
 Sarah Woodis  
 Katherine Young

PNC Bank, Wealth  
 Management  
 Prudential Financial  
 RenaissanceRe  
 S&P Global Foundation  
 The Sevan Charitable  
 Foundation, Inc.  
 Verisk Analytics

# NOW MORE THAN EVER... YOUR GIFT CHANGES LIVES



▲ **Veteran Visits Centenary Pre-K Class** – Staff and students from Centenary Early Learning Center were honored with a visit from Assistant Pre-K teacher Giselle Valasco's husband, Jorge Stiven Cardenas. He visited the school in honor of Veteran's Day to share the work that he does to serve our country. Thank you for your service!

## Grantors

Investor's Bank Foundation  
LyondellBasell Foundation  
PNC Bank Foundation  
Provident Bank Foundation  
Redwoods Insurance Group  
Target  
YMCA of the USA

## In Honor/Memory Of

William Ainslie Sr., M.D.  
All children and families  
I get to serve  
All Members and Staff  
All the people who  
need our help  
Zareen Asrar  
Aunt Peg and Sunny  
Peter J. Barnes, Jr.  
Dorothy Penney Belser

Bill's Ineffable Automotive  
Rehabilitation  
Children in Edison YMCA  
SACC program  
Our beloved Kathleen  
A. Cushing  
Zusette Dato  
Emma and Frankie Donato  
Janice Garbolino  
Letitia Hoffman  
Icirma Johnson  
Pyaribai Katariya  
Stanley J. Ksiazek, Jr.  
Beatrice and Harold Levine  
Rudolph Libroia  
Harriet Linder  
Oscar McCabe in  
memory of Becky  
Rebecca McCabe  
Brian McConico  
Nicole Miller  
John A. Mindler, Sr.

## About our Donor Listings

Thank you for your support of the YMCA of MEWSA. This annual report lists all gifts of \$25 and above received during the campaign periods ending between January 1 and December 31, 2019. Please know how deeply we appreciate and put to good use every gift, at any level. We've made every attempt to correctly list the many generous gifts received and deeply regret any gifts inadvertently omitted or misreported. Please call our Director of Financial Development at 732-516-2087 to report any missing or incorrect listings. The YMCA of MEWSA is 501(c) (3) nonprofit organization. Our Tax ID is 22-1487616.

Lorraine Gardner Misurella  
Lorraine Mulligan  
Ken and Jean Mundy  
My Grandma Dolly  
My Livestrong Family  
My Preschool Class  
My Students  
Miss Paula – Paula  
Lehman Pezet  
Julia and Fancisco Seixal  
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Bernadette Tardio  
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Staff of LIVESTRONG  
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Girl Scouts  
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Heroes & Cool Kids  
JP Stevens Autism Program

Metuchen Area Chamber  
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Metuchen Downtown Alliance  
Metuchen Farmer's Market  
Metuchen High School  
National Day of Service  
National Night Out  
NJ Clean Action Beach Sweep  
Old Bridge, Sayreville &  
South Amboy Chamber  
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Riley's Touch-A-Truck  
AmazonSmile  
SNY Play Ball  
Soles 4 Souls  
South Amboy Arts Alliance  
South Amboy  
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South Amboy-Sayreville Rotary  
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Stop & Shop  
Top Golf-Edison  
United Health Care  
United Martial Arts  
Referee Association  
Venetian Rehabilitation Center  
WaWa  
We Love You Foundation

## ENDOWING OUR MISSION

As we prepare to celebrate the milestone of our first century of service in 2021, plans are underway to launch an endowment fund that will provide sustenance for our mission for generations to come. If you would like information on becoming an inaugural legacy donor to this special fund, please contact Denise Zimmer, Director of Financial Development, at 732-516-2087.

## Giving to the Y

Your past support helps the Y provide programs and services to those who need us. Please consider a gift this year – now more than ever— in support of our mission.

Whether you choose to give, join, volunteer or share your own experience, we're excited for you to become part of our family.

# VOLUNTEER STEWARDS OF OUR MISSION

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Katherine Liss  
Matthew Melchione  
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Jessica Weiss  
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Director of Operations,  
South Amboy YMCA

#### Cindy Shields

Senior Child Care Director

### Erin Siemers

Director of Operations, Edison YMCA

### Kyle Strohman

Director of Operations, YMCA at  
Piscataway Community Center

### Christine Tolley

Director of Operations,  
Metuchen YMCA





# NOW MORE THAN EVER... **THE Y™** FOR A BETTER US.™

## BRANCHES

### ASSOCIATION SERVICES

483 Middlesex Avenue  
Metuchen, NJ 08840  
732-516-9200

### CHILD CARE SERVICES

483 Middlesex Avenue  
Metuchen, NJ 08840  
732-516-9200

### EDISON YMCA

1775 Oak Tree Road  
Edison, NJ 08820  
732-494-3232

### METUCHEN YMCA

65 High Street  
Metuchen, NJ 08840  
732-548-2044

### SOUTH AMBOY YMCA

200 John T. O'Leary Boulevard  
South Amboy, NJ 08879  
732-553-9622

### New! THE YMCA AT THE PISCATAWAY COMMUNITY CENTER

520 Hoes Lane  
Piscataway, NJ  
08854  
732-562-2302

## OUR CAUSE & MISSION

Lasting personal and social change comes when we work together as one. That's why strengthening our community — in spirit, mind, and body— is our cause.

Our mission is building strong kids, strong families, and strong communities through programs that develop our core values of caring, honesty, respect, and responsibility.

### SERVING OUR COMMUNITY SINCE 1921

As a non-profit community organization, the YMCA of Metuchen, Edison, Woodbridge & South Amboy never turns anyone away from membership who needs us. Your donations help us continue to keep that 99-year promise. All donations remain local.

Donate today at [ymcaofmewsa.org/give](http://ymcaofmewsa.org/give)

## TELLING THE STORIES OF THE CENTURY

The celebration of our first 100 years will include sharing the stories and testimonials of our members. Please consider emailing some of your most special Y memories or experiences for us to share with the community to [denise.zimmer@ymcaofmewsa.org](mailto:denise.zimmer@ymcaofmewsa.org).

[ymcaofmewsa.org](http://ymcaofmewsa.org)

Check out our new Facebook page to stay up-to-the-minute with Y news!