



# TRANSFORMING LIVES

2024, ISSUE 4

## LETTER FROM THE CEO

Dear Friends and Supporters,

As we approach the end of another year, I want to take a moment to express my heartfelt gratitude for your unwavering support of Greater Somerset County YMCA. Your generosity has made an extraordinary impact on the lives of countless individuals and families in our community.



This year, we've witnessed the power of connection, growth, and resilience. Thanks to you, we've been able to expand our programs, improve facilities, and extend a helping hand to those who need it most. From youth development to health and wellness, your contributions have created a safe and welcoming space where everyone, regardless of background or circumstance, can thrive.

This year, we deepened the Y's community impact in meaningful ways; these are just a few:

- Children, currently experiencing homelessness, enjoyed fun and friendships in our safe, enriching summer camp
- Mentors guided and inspired at-risk high school students to explore their interests and plan for bright futures post-graduation
- Also, seniors benefitted from fitness and social programs that help to keep them active and connected

In this edition of Transforming Lives, I hope you see the transformative impact of your generosity.

As we look forward to the year ahead, we remain committed to building a stronger, healthier, and more inclusive community. Together, we will continue to inspire positive change and provide opportunities for all to reach their unique potential.

Thank you for being a vital part of our mission. We couldn't do it without you.

Wishing you a joyous and peaceful holiday season, and looking forward to all that we will accomplish together in the new year.

Gratefully,

*David M. Carciari*

David M. Carciari  
President/CEO



## HEALTHY SPIRIT, MIND & BODY

### Preventing and Managing Chronic Disease

Wellness is rooted in a healthy in spirit, mind, and body. The Y plays an important role in the health of our communities. Day in and day out, our programs inspire holistic health and promote chronic disease prevention. With the support of your generosity, we 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.

**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.

**Memory Café** – a nurturing haven for those living with dementia and their devoted caregivers, offering respite from the challenges that life may present.

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



## MARK YOUR CALENDAR

FEBRUARY 12

Annual Meeting & Annual Campaign Kick-off

APRIL 9

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.

## BRIGHT FUTURES

At the end of each school year, we celebrate all of the students who participate in our Princeton YMCA's Achieve Compete Excel (ACE) program. ACE is a mentorship program, led by volunteers, that is designed to tackle high school absenteeism by encouraging and inspiring students' academic success and improving graduation rates. This year, Turner Construction joined us in celebrating the students' achievements. For the year-end family barbeque, they donated the meal and their staff volunteered to serve the families. We appreciate Turner Construction's shared belief in the value of inspiring children and teens to reach their unique potential, and we are grateful for their support of this important program.



## 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. In October, 17 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 how oil spills are cleaned up and the physics of rockets. In addition to the staff giving their time, Regeneron donated the experiment supplies and all of 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 8, with support from Affinity Federal Credit Union (AFCU). Nearly 30 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 household items and toiletries, which were gifted to all of the veterans at the breakfast as well as additional residents at Valley Brook Village.





## SPREADING JOY

A shout-out to Daiichi Sankyo for its heartwarming generosity. A dedicated group of employees recently came together to assemble brand-new bicycles, which they then donated to the Y to help bring smiles to under-resourced children. Their teamwork and kindness are truly inspiring, making a big difference in the lives of local kids. 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!



## HOPE & HEALING

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.



## WATER SAFETY

According to the CDC, there are nearly 10 accidental drownings every day. That is 3,500 annually, and within those numbers is a startling fact: the fatal-drowning rate of Black/African American children is three times higher than white children. A study by the USA Swimming Foundation and the university of Memphis reports that 64% of Black/African American children cannot swim compared with 40% of Caucasian children. Swimming is a life skill; and, the Y's Safety Around Water program plays a crucial role in preventing drownings through education and basic skills. We are committed to making sure all children are safe around water. In the wonderfully diverse community of Franklin Township, over 500 children have completed the Safety Around Water lessons through our After School, 2nd Grade Physical Education, and Summer Camp Programs.



## A NEW HOME

We are thrilled to announce that we have a new location in Plainfield. Through a longstanding partnership with the duCret School of Art, we have relocated our Plainfield YMCA offices to the school and acquired program spaces. We are excited about the opportunities this will bring to expand programming and to deepen the impact we have in the Plainfield community. Stop in for a tour!



# 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:

- Bank of America
- Catalent
- Daiichi Sankyo
- Janssen
- LifeFitness
- M&T Bank | Wilmington Trust
- Peapack Private
- Regeneron
- Rotary Club of Hillsborough
- Rotary Club of Somerset Hills
- Schilke Construction
- Somerset Patriots
- 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:

- AbbVie Pharmaceutical Research
- Allegis Group Foundation
- AIG
- American Express
- AT&T
- Bank of America
- Bayer Corporation
- BlackRock
- Bristol Myers Squibb
- Catalent
- CBRE
- Century Group
- Chubb
- Daiichi B
- Dun & Bradstreet
- Exxon Mobile
- GAF
- Gap, Inc.
- GlaxoSmithKline
- Goldman Sachs
- Guardian
- Guidewire
- Hackensack Meridian
- Health
- IQVIA
- Johnson & Johnson
- JP Morgan Chase Foundation
- Kramer Consumer Healthcare
- Lincoln Financial
- Macy's
- Mastercard
- Marsh & McLennan
- Merck
- Milipore
- New York Life
- Novartis
- Novo Nordisk
- Pfizer, Inc.
- Philips Van Heusen
- Prudential Foundation
- Robert Wood Johnson Foundation
- Sanofi
- Silicon Valley Bank
- Sirius XM
- State Street
- Trust
- UBS
- Verizon
- Wakefern Food
- Wealth Pilot
- Wells Fargo Advisors

If you are interested to see if your company has a matching gift program, please visit the [gscymca.org/ways-to-give](https://gscymca.org/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 organization, 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
- Franklin Township Community Development Block Grant
- Greater Raritan Workforce Development
- Johnson & Johnson Health Care Fund
- Mary Owen Borden Foundation
- New Jersey Department of 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
- Somerset Hills School District
- The Westfield Foundation
- Township of Hillsborough
- Union County Community Development Block Grant
- YMCA of the USA
- YMCA of the USA's Strategic Initiatives Fund



## GREATER SOMERSET COUNTY YMCA

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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](https://www.gscymca.org).