



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE ARE STRONGER TOGETHER

THE GATEWAY FAMILY YMCA
2019 ANNUAL REPORT

Serving Eastern Union And Northern Middlesex County

WE ARE STRONGER TOGETHER

At The Gateway Family YMCA, we work side by side with our members and community to provide the support necessary to ensure that everyone has the opportunity to learn, grow and thrive.

In 2019, we served over 24,000 members of the community through Residential Housing & Social Services, Wellness and Chronic Disease Prevention, Child Care and Youth Enrichment and Adult Day Services.

We are STRONGER TOGETHER, as we uplift the stories and achievements of 2019.

We have served the communities surrounding Northern Middlesex County and Eastern Union County since 1900.

For Service. For Health. For Community.

The Y.™ For a better us



James Masterson

Chief Volunteer Officer



Krystal R. Canady

Chief Executive Officer

OUR MISSION

THE GATEWAY FAMILY YMCA

Is a community-based organization rooted in Christian principles and committed to building healthy lives through programs that strengthen spirits, minds and bodies for people of all ages, religions and cultures.

OUR CAUSE

THE GATEWAY FAMILY YMCA

Provided over \$531,700 in FINANCIAL ASSISTANCE in 2019, ensuring that EVERYONE has access to programs and services.

ASSOCIATION LEADERSHIP

BOARD OF DIRECTORS

OFFICERS

President	James Masterson***
Vice President	Karen Ensle
Vice President	John Forrester
Treasurer	Elsa M. Muniz
Assistant Treasurer	Eugene Mitchell
Secretary	Sharon Patel**
Past President	Joseph R. Venezia

MEMBERS

Laura A. Bretzger	Frank J. Lawrence
Anne Evans Estabrook*	Mansi Sanghvi
Paul Fernandez	Calvin Sierra
Philip Krevsky, Esq.	Scott K. Snowden Jr.
Matthew Kuschan	Len Vanderwende

SENIOR LEADERSHIP TEAM

KRYSTAL R. CANADY*	Chief Executive Officer
MELYNDA A. MILESKE	EVP, Chief Operating Officer
DENNIS J. MCNANY	SVP, Chief Financial Officer
MARILYN D. PHINN	VP, Chief Human Resources Officer
RODGER D. KOERBER	Vice President of Operations
COLLEEN A. CLAYTON	Chief Membership & Development Officer
DANIEL CAPELA	Chief Information Officer

PROUDLY SERVING

Avenel, Carteret, Clark, Colonia, Elizabeth, Hillside, Kenilworth, Linden, Plainfield, Port Reading, Rahway, Roselle, Roselle Park, Sewaren, Union, Vauxhall, Winfield Park, Woodbridge

ASSOCIATION OFFICE

144 Madison Avenue, Elizabeth, NJ 07201

ELIZABETH BRANCH

135 Madison Avenue, Elizabeth, NJ 07201

LAURA A. MARGEOTES Branch Executive Director

FIVE POINTS BRANCH

201 Tucker Avenue, Union, NJ 07083

JESSICA L. SAMOLEWICZ Branch Executive Director

RAHWAY BRANCH

1564 Irving Street, Rahway, NJ 07065

SHANNON L. FRANK Branch Executive Director

WELLNESS CENTER BRANCH

1000 Galloping Hill Road, Union, NJ 07083

JODI A. PELANO Branch Executive Director

E. PAUL MICKIEWICZ Senior Director of Healthy Living

WISE CENTER YMCA BRANCH

1000 Galloping Hill Road, STE 125, Union, NJ 07083

SUSAN H. BUTLER WISE Center Director

YOUTH DEVELOPMENT BRANCH

16-20 Jefferson Avenue, Elizabeth, NJ 07201

LISA YANEZ Senior Child Development Director

FISCALLY RESPONSIBLE

REVENUE

Contributions and Grants	\$ 3,520,368
Membership	\$ 3,115,578
Childcare and Camp	\$ 5,391,974
Housing	\$ 2,004,366
Program	\$ 873,254
Other	\$ 723,184
TOTAL REVENUE	\$15,628,724

EXPENSES

Program Expenses	\$12,267,162
Supporting Expenses	\$ 2,606,125
Transfer to Reserves & Financial Assistance	\$ 755,437
TOTAL EXPENSE	\$15,628,724

*2019 audited, excludes subsidiaries



GROWING STRONGER TOGETHER

STRATEGIC PLAN FOR THE GATEWAY FAMILY YMCA

**We are part of a larger movement
anchored in more than 10,000
neighborhoods nationally.**

The Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. We are a powerful association of men, women and children from all walks of life joined together by a shared passion to strengthen the foundations of community with a commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Though the world may be unpredictable, one thing remains certain – the Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families, and communities.



Youth Development **Nurturing the Potential of Every Child and Teen**

We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

Healthy Living **Improving the Nation's Health and Well-Being**

The Y is a leading voice on health and well-being. We bring families closer together, encourage good health and foster connections through fitness, sports, fun and shared interests.

Social Responsibility **Giving Back & Providing Support to Our Neighbors**

Across the country, the Y helps people give back and assist their neighbors by offering them opportunities to volunteer, advocate and support programs that strengthen community. Groups of individuals, through their involvement in the Y and collaborations with policymakers, are able to address many of the most critical social issues facing our communities.

STRENGTHENING OUR COMMUNITY

Our impact promise...

Strengthening the foundations of community through youth development, healthy living and social responsibility.

To begin, we'll focus on...

- Becoming the leaders in intentionally building healthy, connected, committed and secure families in the communities in which we serve.
- Reaching and maintaining long term financial sustainability to advance our mission as a vital and thriving non-profit community organization.
- Gaining greater recognition as a leading cause-driven, non-profit organization in the communities we serve.



By doing so, our strategies will include...

- Creating and sustaining opportunities for families, children and teens to be together in a nurturing and healthy environment fostering a greater sense of connection to each other and to the community.
- Strategically partnering and developing collaborative relationships to position the Y as a community leader and a convener on critical issues related to building stronger families, youth and teens.
- Providing financial resources to support families, children and teens unable to afford Y programs and services.
- Fostering a strong culture of philanthropy by developing a sound financial development plan grounded in YMCA best practices to ensure the long-term viability of the Y.
- Seeking partnerships and strategic alliances with other non-profit organizations and YMCAs in our vicinity with a goal of developing operational efficiencies and revenue generating opportunities.
- The Y's cause will be evident and compelling through the stories shared, how our facilities are presented, and the welcoming manner in which our staff and volunteers engage with all those who enter our doors.

MEASURING OUR SUCCESS

Increase family membership retention by 2% annually; participation in one or more Y activities will increase by 2% annually.

New partnerships with other organizations will be formed aimed at increasing the health and well-being of youth and families in our communities.

A solid communications plan will focus on the Y's mission impact, cause, and the essential benefit it contributes to the community.

We will conduct focus groups, surveys and collect feedback from community leaders, our community and members annually to drive our program initiatives.

We will identify, cultivate and create new partnerships annually that will foster our promise to strengthen the foundations of communities.

We will evaluate our plan regularly and revise as needed for the greatest impact.

**SUPPORTING
OUR
MEMBERS AND
COMMUNITY**

2019

OUR MEMBERS

24,483

SERVICE UNITS

45,390



DUDLEY HOUSE

VETERAN'S TRANSITIONAL HOUSING PROGRAM

PLAINFIELD, NJ

The Gateway Family YMCA, in partnership with the City of Plainfield and the County of Union, officially launched the opening of The Dudley House Veterans Transitional Housing Program at a Ribbon Cutting Ceremony on July 11th.

The newly renovated Dudley House facility, located at 930 Putnam Avenue, Plainfield, NJ, provides transitional housing and wrap-around social services for United States military veterans.



RIBBON CUTTING CEREMONY

July 11, 2019

YOUTH DEVELOPMENT BRANCH

THE GATEWAY FAMILY YMCA

Elizabeth, NJ

The Youth Development Branch became the sixth official YMCA Branch of The Gateway Family YMCA in March 2019.

Located at 16-20 Jefferson Street in Elizabeth, the Youth Development Branch hosts a Child Development Center and is in the process of expanding to include additional program space and service to the local community.

"YMCAs have a unique ability—through our reach, our values and our mission—to nurture children, strengthen families and guide individuals to good health. YMCAs make a difference by building our collective power.

The Youth Development Branch YMCA adds to this foundation through a community partnership dedicated to healthy lifelong development." -Kevin Washington, President and CEO, YMCA of the USA



YOUTH VOLUNTEER OF THE YEAR

PRIYA MAHARAJ



On October 17th, The Gateway Family YMCA honored Priya Maharaj, a dedicated YMCA Volunteer, as the 2019 Youth Volunteer of the Year at the New Jersey State Alliance 19th Annual Recognition Celebration.

Priya, a Junior attending Union High School, has been an active member and volunteer at the Five Points Branch in Union, providing support and assistance to the Youth Soccer program.

Priya first joined the YMCA with her family in January, and within a few weeks began volunteering every Saturday morning to assist youth program participants.

She is dedicated to volunteering and making a difference in the lives of the youth athletes. Priya's future plans include attending college to become a Pediatric Psychologist, where she can continue to work with youth and positively assist in their future growth.

2019 Youth Volunteer of the Year

SHAPING EASTERN UNION COUNTY

HEALTHY CONNECTED COMMUNITIES

Shaping Eastern Union County is committed to improving the health and well-being of county residents and creating strategies to support improved health, nutrition and physical activity for all.

Through the positive outcome of our work with Shaping Elizabeth, we have expanded our focus to serve all communities in Eastern Union County. With the help of our community partners, Shaping Eastern Union County provided Indoor and Outdoor Playstreets, Nutrition Education Workshops, Mobile Food Markets, Active Wellness and Chronic Disease Management Programs and Events, working together to create sustainable change for our community.



Shaping Elizabeth (CHI) is a team composed of like minded community leaders committed to improving the health and well-being of the residents of the City of Elizabeth by creating sustainable change to policies, environment and strategies that support improved health, nutrition and physical activity for all.



FINDING COMMUNITY

THE ROBINSON FAMILY'S STORY

"We initially decided to commute from Edison to the Five Points Branch because we wanted to expose our kids to a diverse cultural environment. We have witnessed both our boys build self-confidence, swimming skills and developed their awareness, appreciation and inclusion of diverse beliefs and cultures, while attending the YMCA weekly.

Bryce and Jayce have been attending the swimming program since they were 6 months old. We have not missed a semester for 5 consecutive years. **Rain, shine, sleet or snow, we are at the YMCA every Saturday morning!** My husband and I have witnessed our kids grow extremely confident in the water.

My husband and I believe that a child's interaction with parents, other children, community, the media and caregivers can inevitably shape their perception and judgment of others.

Placing our boys in an organically diverse setting allowed them to recognize the differences and uniqueness in every individual and it's helping our kids become more compassionate and less judgmental. The Y has provided all of this to our children and more.

Overall, the YMCA has become an integral part of our family's life."



GROWING STRONG WITH LIVESTRONG

MONA'S STORY



"What I did not expect was to meet so many wonderful people and make so many friends. Everyone was wonderful, my classmates, the staff and in particular the LiveSTRONG at the YMCA program instructor. "

LiveSTRONG at the YMCA graduate, Mona Azzi, was referred to The Gateway Family YMCA by Overlook Medical Center. Upon their suggestion, and with the encouragement of her four children, Mona began her journey towards improved health.

"When I first received the diagnosis of cancer, I was determined to remain brave and listen to the advice of my medical team. I did not want anyone to feel sorry for me; I wanted to beat this thing."

Mona joined the program with the goal of feeling better, becoming stronger and increasing her energy.

After graduating from LiveSTRONG at the YMCA, Mona remained active at the Y, participating in Chair Yoga classes and using the Express Circuit and cardio machines. She even convinced her sister, Siham, and sister-in-law, Yola, to join the Y with her.

"I am feeling more energetic, stronger and am now 2 years cancer free! I thank God for everything and appreciate every day."

Currently, Mona and her husband Raymond reside in Hillside and are proud to be celebrating 46 years of marriage!

READY, SET GOAL

PETER'S STORY



Peter has been a member of The Gateway Family YMCA—Five Points Branch since April of 2016. He originally came to the Y at the suggestion of his doctor because he was beginning to have a lot of health-related issues.

"My doctor was concerned for my heart health because I was having medical complications. I could barely walk, every step I was in pain."

Peter recalls his first task at the Y as walking on the treadmill. Over time, as he grew stronger, Peter began utilizing other equipment and exercises. Since beginning his health journey, Peter has lost 82 pounds and reversed his Vasculitis.

Peter has completed a total of 1000 visits to the Five Points Branch!

When asked what advice Peter would have for fellow health seekers and people going through a similar journey, he offers these suggestions:

"Set yourself clear goals and do whatever it takes to achieve them. Also surround yourself with people that want to and will support you. You are a product of your environment which is why I wanted to be at the Five Points Branch."

Peter is a staple in our fitness center and an inspiration to those seeking to improve their personal health and wellness. We applaud and support Peter on his continued health and wellness journey and look forward to the future together.

"I wanted to give myself the best quality of life I could and I knew I needed to be here."

CHRONIC DISEASE MANAGEMENT

**BLOOD PRESSURE SELF-MONITORING
DIABETES EMPOWERMENT EDUCATION PROGRAM
HEALTHY WEIGHT & YOUR CHILD**



SUPPORTING OUR COMMUNITY

The Gateway Family YMCA's Chronic Disease Management Programs provide small-group assistance and support in a safe setting, empowering our members and the community through education, active sessions, nutritional information, tools and resources.

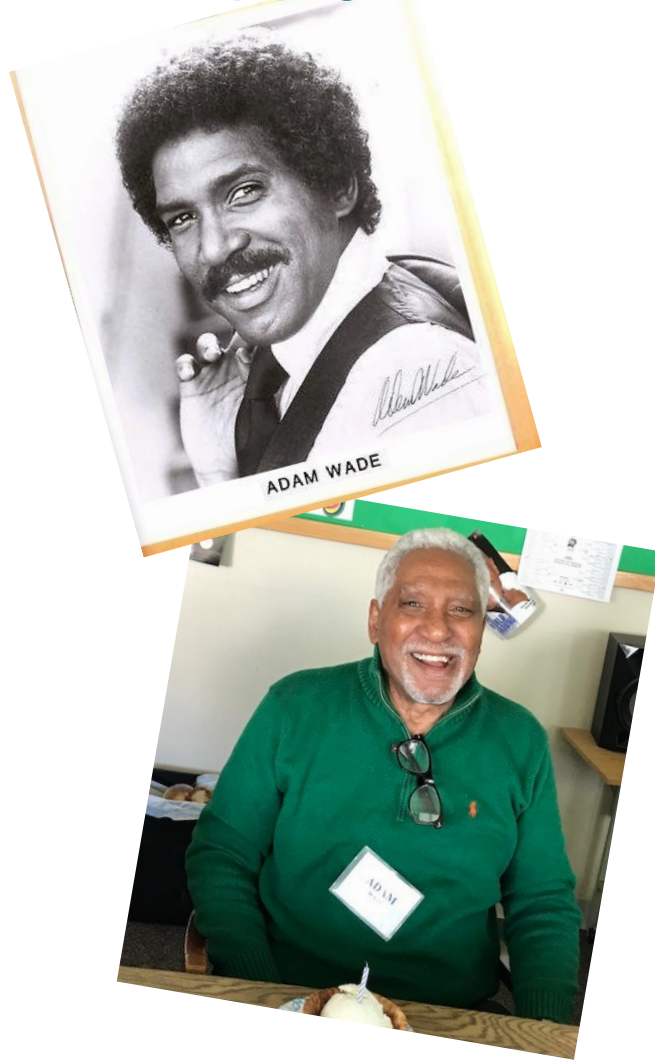
In the **Blood Pressure Self-Monitoring Program (BPSM)**, Healthy Heart Ambassadors train participants to properly measure and monitor blood pressure and provide ongoing personalized support as they strive to achieve their health goals.

Diabetes Empowerment Education Program (DEEP) is a 6-week program designed to provide support and education for diabetes self-care

Healthy Weight and Your Child teaches family education together with small group nutrition and physical activity changes necessary for a healthy life.

FINDING CONNECTIONS

ADAM'S STORY



"I don't know what I would do without the group. It was GOD sent, it gives me a weapon to fight dementia, and I am around people I care for and they care for me."

Perhaps you remember his early 60's hits "Ruby" or "Take Good Care of Her". Perhaps you remember him as the first African-American game show host in 1975 on "Musical Chairs". Or perhaps you would recognize him from his many supporting roles on 70's hits like "Sanford and Son", "Good Times" and "The Jeffersons". Or maybe you saw him playing Ole Mister in the National Touring Company's "The Color Purple" in 2008.

What you may not know about Adam Wade is that he was diagnosed with dementia in 2016, at the age of 83. After coming off the road, his wife Jeree explains, *"I thought he was naturally tired as we began to notice forgetfulness, fatigue, and loss of executive functioning."* A psychologist friend told Jeree about the Y's WISE Center Program, Connections – an early intervention program specifically focusing on those individuals with early-stage dementia or mild cognitive impairment (MCI).

Both Adam and Jeree were excited to find a program where Adam could remain socially engaged as well as physically and cognitively stimulated. Adam, says Jeree, *"Is sociable and thrives when he is around other people. He is patient, kind, and creative [and the group] is a way for Adam to have an anchor in his life and a place to go that is entirely for him and the other group members."*

An avid basketball player, Adam enjoys the exercise program at each session and the support group component gives him an opportunity to express the concerns and challenges his dementia can cause as well as to provide support to others experiencing similar things. Not surprisingly, Adam enthusiastically participates in the creative arts programs in Connections. From working with watercolors to creative storytelling, from singing the songs of the Civil Rights movement to developing unique solutions to vexing situations, Adam goes "all in" for these experiences.

FITNESS, FELLOWSHIP AND FUNDRAISING

MADELIN'S STORY

Madelin Cron, like most new retirees, wanted to feel connected to her community in her newfound routine. After 32 years as a U.S. postal worker, walking over thousands of miles to deliver mail daily, Madelin walked into our Y and became a member at the **Rahway Branch**.

When Madelin joined the Y, she, *"Instantly embraced the diverse population at the Y, just as the friendly staff welcomed me. I found support friendship in the Y community."*

Shortly after joining, Madelin became a Y volunteer, committing to support the branch for programs, fundraising and events.

"I first began volunteering in the garden project, nurturing a space to make it suitable for a garden still growing today. I've also worked to secure prizes for Annual Campaign fundraising events like the Tricky Tray and Y "Express to Success" event."

Local restaurants and business recognize Madelin as a Y volunteer when she comes with a Y Event Request letter in hand ready to ask for a variety of wonderful prizes. Collecting prizes, gift cards and holiday decorations, she has helped to make our events successful and winners grateful for such great gifts!



"The ability to give back and support a Y and a community that has supported me, makes me smile each day."

STRONGER INDIVIDUALS AND STRONGER COMMUNITIES START WITH US

In 2019, we conducted membership and program participant surveys to measure our impact through SEER Analytics.

MEASURING OUR IMPACT

MEMBER EXPERIENCE SURVEY

INDIVIDUAL IMPACT

Achievement and Health

- 92% Feel Better
- 91% Meet Fitness Goals
- 91% More Physically Active

"After suffering a serious brain injury in an auto accident, the Y has provided a refuge for me. By keeping active and engaged with others in my community, my recovery has accelerated. My thinking and reasoning has vastly improved. The staff is extremely pleasant and has provided, on many occasions, a willing ear and source of much needed inspiration."

COMMUNITY IMPACT

- 94% The Y is a Community Resource for Improving Health & Well-Being
- 92% The Y is a Resource for Nurturing the Potential of Children
- 88% The Y Helps Strengthen the Community

"The Y is one of the few places I have ever known which is completely and authentically judgement-free. Both the staff and other members are supportive in every way."

SWIM LESSONS

INDIVIDUAL IMPACT

81% Gain New Knowledge, Skills and Abilities

81% Improve His/Her Confidence Around Water

"My child has more confidence because of her ability to swim now. She understands the need to practice and be consistent (and on time!), has overcome fears of trying new things (specifically strokes), and celebrates her improvement. She has really come to love swimming so much that she also asks me to bring her to the pool for open swim. The teachers have been very encouraging and the other students provide for a supporting team environment. I have also come to know some of the parents and we enjoy the community the Y swimming lessons have provided to us too. It is nice to walk in and greet others and be greeted. We have great conversation and support and look out for each others children."

DAY CAMP

INDIVIDUAL IMPACT

83% Build Friendships

82% Become More Physically Active

80% Demonstrate Caring, Honesty, Respect and Responsibility

"I love the diversity of the YMCA in both the children and staff. He's learning how to swim which builds confidence especially considering he refused to get in the pool the first week. He calls kids his friends and he's become more comfortable in the environment and with his teachers."

"I love that my child has made friends outside his regular school friends over the summer. He's connecting with others from all different walks of life. He has great connections with the counselors as well. I also love that this camp forces him to be outside and play throughout the summer, you just be a kid."



SCHOOL AGE CHILD CARE

INDIVIDUAL IMPACT

84% Build Friendships

77% Collaborate With Other Children

72% Become More Physically Active

"I'm big on professionalism and the staff here displays this excellently for me as A parent I am pleased at how detail oriented the staff is as well as helping my child with homework as well as keeping her active and involved in fun and educational activities."

"After care allows her to be more independent and to have her own voice. She is learning to stand up and advocate for herself."





THANK YOU TO OUR DONORS

Working with generous donors like you, the Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community.

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TOGETHER

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tgfymca.org