



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG 120 YEARS

THE GATEWAY FAMILY YMCA  
2020 ANNUAL REPORT

Serving Eastern Union County And Northern Middlesex County

# 120 YEARS OF SERVING COMMUNITY

**2020 was a year like no other**, and while the year brought many new challenges, it also brought out the spirit of community and a show of collective strength.

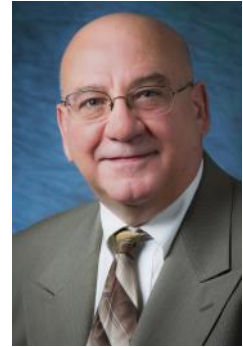
**Amidst the global COVID-19 pandemic**, one thing remained certain—our Y was here to support our community, as we have done every day for the past 120 years.

**We celebrate Collaboration**, as we worked together to serve our community 24 hours a day, through Residential Housing & Social Services, Wellness and Chronic Disease Prevention, Child Care, Youth Enrichment and Virtual WISE Adult Services.

**We celebrate Hope and Gratitude**, as we mark the milestone of serving our community for 120 years and share stories of strength and community.

**We continue to serve** the communities surrounding Northern Middlesex County and Eastern Union County, every day.

**For Community. For Healing. For Good.**



*James Masterson*  
**Chief Volunteer Officer**



*Krystal R. Canady*  
**Chief Executive Officer**



*Melynda A. Mileski*  
**EVP, Chief Operating Officer**

**The Y.™ For a better us**

# 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 \$130,000 in FINANCIAL ASSISTANCE in 2020, 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     | Mansi Sanghvi        |
| Anne Evans Estabrook* | Calvin Sierra        |
| Paul Fernandez        | Scott K. Snowden Jr. |
| Philip Krevsky, Esq.  | Len Vanderwende      |
| Matthew Kuschon       |                      |
| Frank J. Lawrence     |                      |

## 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**

## **DUDLEY HOUSE**

**930 Putnam Avenue, Plainfield, NJ 07060**

## **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

|                                 |                     |
|---------------------------------|---------------------|
| <b>Contributions and Grants</b> | <b>\$ 3,628,685</b> |
| <b>Membership</b>               | <b>\$ 1,859,757</b> |
| <b>Childcare and Camp</b>       | <b>\$ 2,670,708</b> |
| <b>Housing</b>                  | <b>\$ 2,252,560</b> |
| <b>Program</b>                  | <b>\$ 399,819</b>   |
| <b>Other</b>                    | <b>\$ 322,450</b>   |
| <b>TOTAL REVENUE</b>            | <b>\$11,133,979</b> |

## EXPENSES

|  |                     |
|--|---------------------|
| <b>Program Expenses</b>                                    | <b>\$ 7,704,685</b> |
| <b>Supporting Expenses</b>                                 | <b>\$ 2,240,981</b> |
| <b>Transfer to Reserves<br/>&amp; Financial Assistance</b> | <b>\$ 1,188,313</b> |
| <b>TOTAL EXPENSE &amp; Change in Net Assets</b>            | <b>\$11,133,979</b> |

\*2020 audited, excludes subsidiaries



# GROWING STRONGER TOGETHER

## REAL-TIME 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.
- As an organization focused on addressing the most critical needs of our community, we are dedicated to advancing diversity, equity and inclusion for all. We will gain greater recognition as a leading cause-driven, anti-racist, 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 and participation in one or more Y activities will increase.

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

**2020**  
OUR MEMBERS

**17,835**

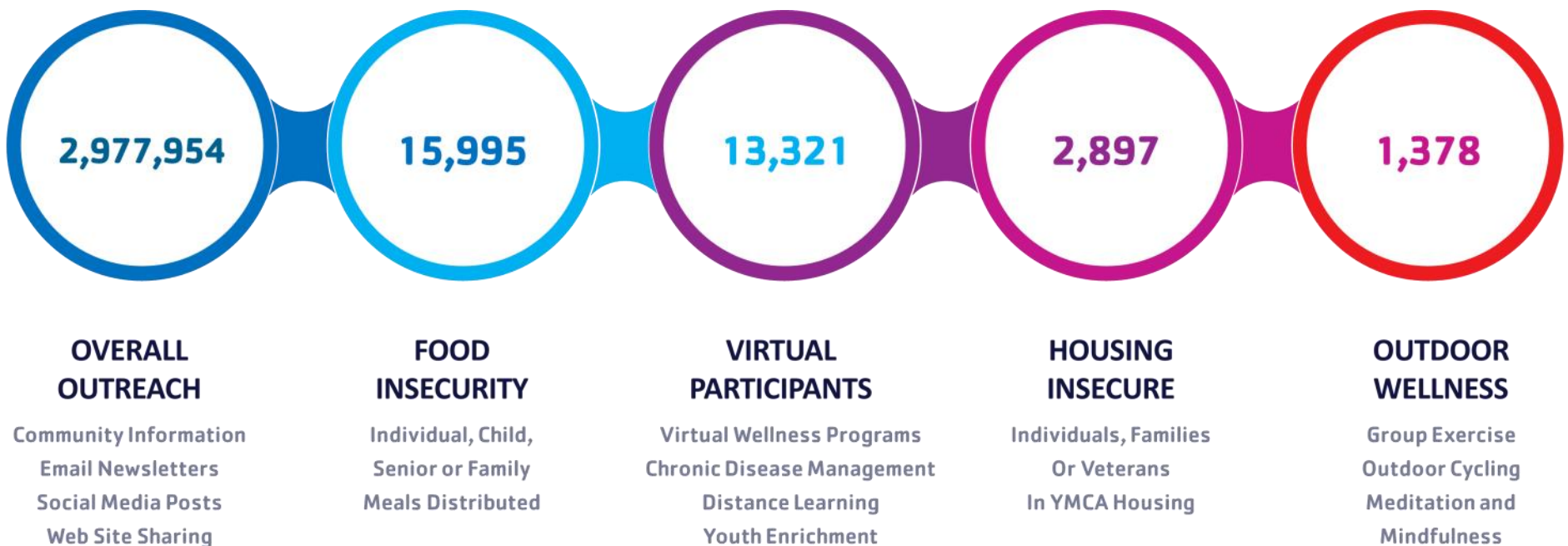


**2020**  
SERVICE UNITS

**33,229**

# SUPPORTING OUR COMMUNITY

## 2020 COVID RESPONSE



# SUPPORTING OUR COMMUNITY

## 2020 PROGRAMS

**1,021** SCHOOL AGE CHILD CARE

**474** YOUTH AQUATICS/SWIM LESSONS

**202** INFANT & PRESCHOOL CHILD CARE

**130** WISE VIRTUAL/ADULT SERVICES





# RECOGNIZED NATIONALLY YMCA of the USA

## The Gateway Family YMCA RESIDENTIAL HOUSING PROGRAMS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### MEETING COMMUNITY NEED: ADDRESSING HOUSING INSECURITY

For nearly 170 years, the Y has remained committed to helping people and communities in times of crisis. Right now, while adhering to local health and safety guidelines, many Ys nationwide are providing critical emergency services such as childcare for health care workers and first responders, food for children and teens and shelter for individuals without a home. As one of the nation's largest nonprofits focused on strengthening communities, helping people in need is foundational to the Y's mission. And when this crisis is over, the Y will continue to help our communities recover.

#### YMCA HOUSING PROGRAMS

The YMCA has been building strong communities through affordable and emergency housing for decades. Recently, in response to the COVID-19 crisis, approximately 50 YMCA Associations in 17 states reported a total of 9,433 beds at a 93.4% occupancy rate. These Ys have remained open to **continue providing critical housing needs to vulnerable communities**. Below are a few examples of how the Y is responding to families and communities in need.

#### Gateway Family YMCA Provides 24-hour Shelter and Support Services

As the pandemic spread across New Jersey, the state experienced a surge in demand for emergency shelters where the state's nearly 9,000 homeless could remain safe and protect their health.

Because of the increased need for emergency shelter, the Gateway Family YMCA in Elizabeth knew it was critical that its 24-hour housing programs continue providing shelter and social services to the community. The Y dedicated more resources—for food, supplies, cleaning and staffing—to the six emergency, transitional and supportive residential housing programs in Elizabeth and Plainfield. The focus remains on health and safety, with staff taking the strongest precautions to protect themselves and the programs' 300 residents, including families and veterans.

"Imagine what it must be like to find yourself homeless at this time," said Gateway Family YMCA CEO Krystal R. Canady. "That is where we step in and provide help and support."

Gateway Y offers different housing options including Dudley House Veterans Transitional Housing in Plainfield and Madison House in Elizabeth, which provides temporary housing for women and their children in a safe, caring environment. In addition, Gateway provides programs and connections to social services that help residents stabilize their lives.

"When I came to the Y, I was homeless. The Y gave me a place to stay and programs to help me get back on my feet," said Chris, a resident at Gateway's Sierra Gardens housing program. "Every day since I've been here, I have been treated with respect and dignity."

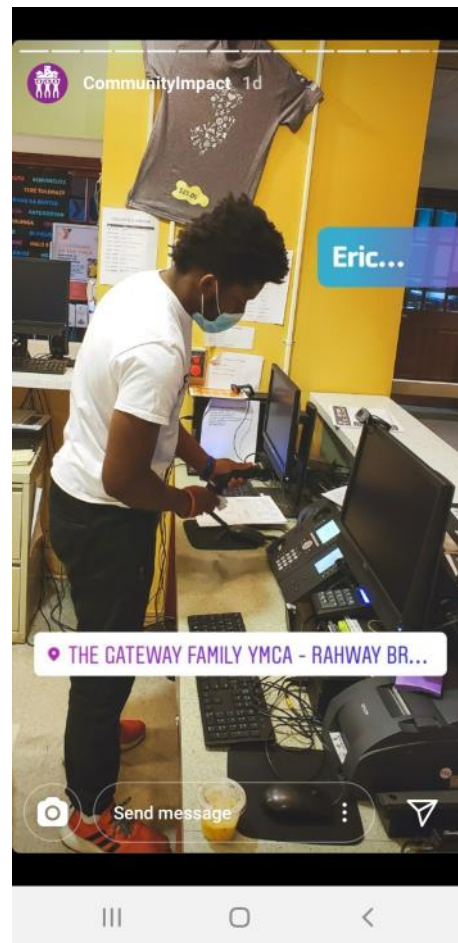


From March through August 2020,  
Ys served **3.3 million meals**  
to **349,000 adults**.

# RECOGNIZED NATIONALLY

## YMCA of the USA

The Gateway Family YMCA  
RESIDENTIAL HOUSING STAFF





# COLLECTIVE IMPACT

## NJ YMCA State Alliance

March–June 2020

Updated: March – September 2020



### NEW JERSEY YMCA STATE ALLIANCE

#### THE YMCA'S IMPACT IN THE COMMUNITY DURING COVID-19

During these unprecedented times, the New Jersey YMCAs continue to serve and strengthen our communities. Thanks to the generous support of the Robert Wood Johnson Foundation, Russell Berrie Foundation, Horizon Foundation for NJ, NJ Pandemic Fund and other supporters we've been able to provide essential and critical services.

**39,535**

PEOPLE REACHED THROUGH ISOLATION & WELLNESS CHECKS

**\$1.1 MILLION**

GRANTS & DONATIONS RAISED TO SUPPORT COVID-19 COMMUNITY SERVICES



**2,831**

LIVE VIRTUAL FITNESS CLASSES FOR MEMBERS & NONMEMBERS

**2,823**

HOUSE INSECURE INDIVIDUALS AND FAMILIES PROVIDED HOUSING



**3,348**

CHILDREN ENROLLED IN CHILDCARE SERVICES



**21,500**

POUNDS OF FOOD SECURED VIA FOOD DRIVES



**472,682**

BOXED MEALS DISTRIBUTED TO YOUTH, SENIORS, HOUSING RESIDENTS

**2,142**

PINTS OF BLOOD DONATED VIA BLOOD DRIVES



**11,968**

TELE-HEALTH SESSIONS FOR INDIVIDUALS WITH CHRONIC DISEASES

**4.5 MILLION**

MEDIA INTERACTIONS VIA BROADCAST AND SOCIAL MEDIA SHARES, LIKES, AND RETWEETS

\*\* Data as of June 2020

#### NEW JERSEY YMCAs

Capital Area YMCA • Cumberland Cape Atlantic YMCA • Fanwood-Scotch Plains YMCA • Frost Valley YMCA • Garfield YMCA • Greater Morristown YMCA • Greater Philadelphia YMCA • Greater Somerset County YMCA • Hamilton Area YMCA • Hopewell Valley YMCA • Hunterdon County YMCA • Lakeland Hills Family YMCA • Madison Area YMCA • Meadowlands YMCA • Metropolitan YMCA of the Oranges • Ocean County YMCA • Princeton Family YMCA • Randolph YMCA • Raritan Bay Area YMCA • Raritan Valley YMCA • Ridgewood YMCA • Summit Area YMCA • The Gateway Family YMCA • Westfield YMCA • Wyckoff Family YMCA • YMCA Camp Mason • YMCA of Gloucester County • YMCA of Greater Monmouth County • YMCA of Metuchen, Edison, Woodbridge and South Amboy • YMCA of Montclair • YMCA of Newark & Vicinity • YMCA of Paterson • YMCA of the Pines

NEW JERSEY YMCA STATE ALLIANCE

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



### NEW JERSEY YMCA STATE ALLIANCE

#### THE YMCA'S IMPACT IN THE COMMUNITY DURING COVID-19

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**82,301**

PEOPLE REACHED THROUGH ISOLATION & WELLNESS CHECKS

**\$1.7 MILLION**

GRANTS & DONATIONS RAISED TO SUPPORT COVID-19 COMMUNITY SERVICES



**6,458**

LIVE VIRTUAL FITNESS CLASSES FOR MEMBERS & NONMEMBERS

**19,052**

HOUSE INSECURE INDIVIDUALS AND FAMILIES PROVIDED HOUSING



**18,771**

CHILDREN ENROLLED IN CHILDCARE SERVICES



**37,041**

POUNDS OF FOOD SECURED VIA FOOD DRIVES



**1,076,471**

BOXED MEALS DISTRIBUTED TO YOUTH, SENIORS, HOUSING RESIDENTS

**3,907**

PINTS OF BLOOD DONATED VIA BLOOD DRIVES



**18,138**

TELE-HEALTH SESSIONS FOR INDIVIDUALS WITH CHRONIC DISEASES

**11 MILLION**

MEDIA INTERACTIONS VIA BROADCAST AND SOCIAL MEDIA SHARES, LIKES, AND RETWEETS

Other services include, but are not limited to: PPE Distribution, COVID-19 testing, snacks served, free outdoor fitness classes and events, hand-written notes to members, shower services for the homeless, member check-in calls, resource newsletters, pre-school lesson packages, drive-in movie event, 5Ks, book give-a-ways, and other services for our communities!

\*\* Data as of September 2020

#### NEW JERSEY YMCAs

Capital Area YMCA • Cumberland Cape Atlantic YMCA • Fanwood-Scotch Plains YMCA • Frost Valley YMCA • Garfield YMCA • Greater Morristown YMCA • Greater Philadelphia YMCA • Greater Somerset County YMCA • Hamilton Area YMCA • Hopewell Valley YMCA • Hunterdon County YMCA • Lakeland Hills Family YMCA • Madison Area YMCA • Meadowlands YMCA • Metropolitan YMCA of the Oranges • Ocean County YMCA • Princeton Family YMCA • Randolph YMCA • Raritan Bay Area YMCA • Raritan Valley YMCA • Ridgewood YMCA • Summit Area YMCA • The Gateway Family YMCA • Westfield YMCA • Wyckoff Family YMCA • YMCA Camp Mason • YMCA of Gloucester County • YMCA of Greater Monmouth County • YMCA of Metuchen, Edison, Woodbridge and South Amboy • YMCA of Montclair • YMCA of Newark & Vicinity • YMCA of Paterson • YMCA of the Pines

NEW JERSEY YMCA STATE ALLIANCE

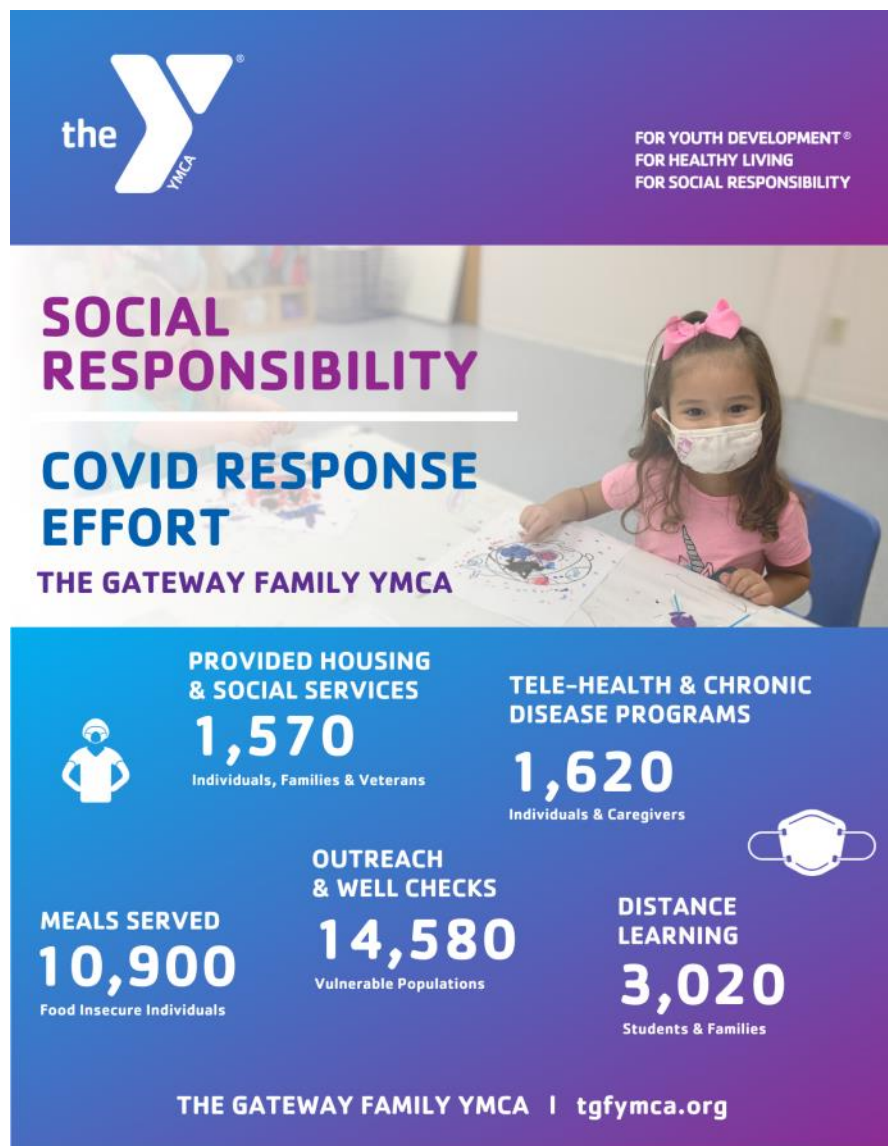
[njymca.org](http://njymca.org)

# COMMUNITY IMPACT

## The Gateway Family YMCA

March–June 2020

Updated: March – September 2020



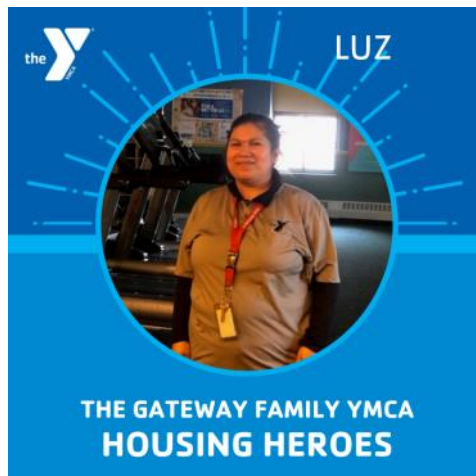
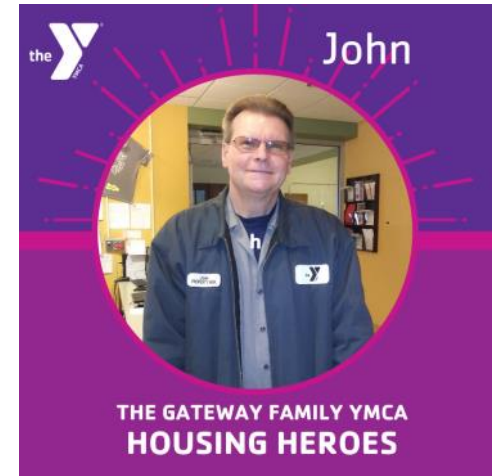
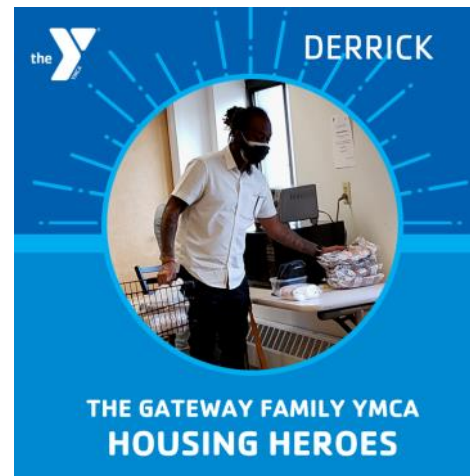


# HOUSING HEROES

## Celebrate Staff

The Gateway Family YMCA

#HousingHeroes Social Media Campaign



# YMCA RESIDENTIAL HOUSING

**“The main reason why I enjoy coming to work is because I enjoy helping people. I absolutely love what I do, but most importantly, I do it knowing that someone’s life just became a little easier.” ~ Aaron**





# YMCA RESIDENTIAL HOUSING

**“I come to work every day because I am very passionate about helping others. I love to have a positive impact on someone’s life, which drives me to push harder for other’s well-being.” ~ Jasmine**



# YMCA RESIDENTIAL HOUSING

## Chris's Story

**"When I came to the Y, I was homeless.**

**The Y gave me a place to stay and programs to help me get back on my feet. Every day since I have been here, I have been treated with respect and dignity.**

**There is a genuine interest in my well-being.**

**A year later, I am on track to find my own place and live independently.**

**I couldn't have done it without the wonderful, caring people of the Y."**

**~ Chris**

## **75% of Residents Believe**

**The YMCA makes a Positive Impact on the Homeless Population**





# YMCA RESIDENTIAL HOUSING

## Betzaida's Story

**"I'm a mother of two, trying to provide for my children in the best way I can.**

**What the Y has done for my family left me speechless because my babies are safe and have a roof over their heads. The staff are very loving and caring.**

**What can I say? I am blessed to come across the Y. Seeing my children smile each morning, means the world to me.**

**I am glad I have the opportunity to get back on my feet for my family."**

**~ Betzaida**

## **87% of Residents Rate**

**Satisfaction with YMCA Residential Programs as Excellent or Good**

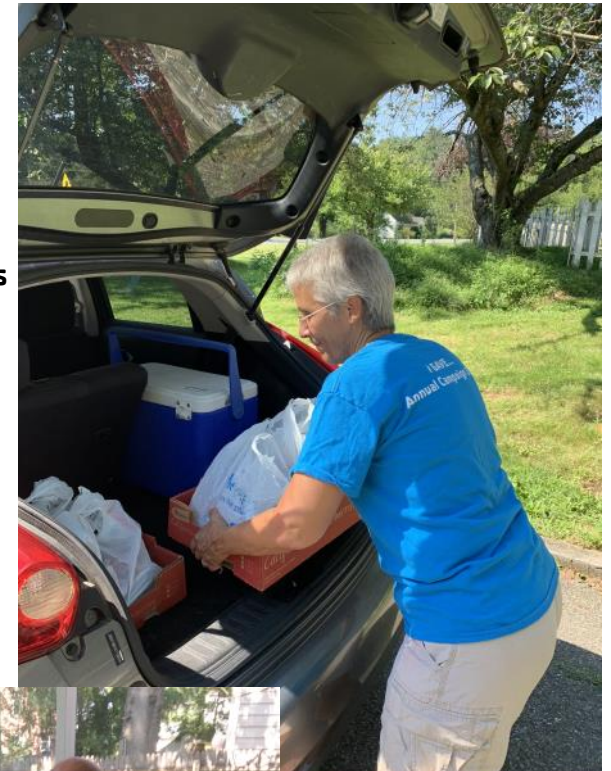


# WISE ADULT SERVICES

## Virtual WISE Program

For over 35 years, The Gateway Family YMCA's WISE (Wellness, Independence and Socialization for our Elders) Adult Social Day Services program has specialized in meeting the unique needs of members living with Alzheimer's, dementia, and/or mild cognitive impairment. With a strong focus on family and caregiver support, WISE provides caregivers a necessary respite while their loved ones are engaged in activities that challenge their minds, memories and creativity in a supportive environment. The Virtual WISE program continues this commitment utilizing a unique format for the safety of WISE members.

The Virtual WISE program's curriculum includes daily activity emails, wellness and movement activities, weekly social work support, live virtual Zoom activities, caregiver support groups, home drop-off of activity supplies and meals, and 24/7 telephone availability of WISE Center YMCA staff. Each morning members receive an email filled with calendar specific topics and sensory based activities like virtual tours, songs, recipes and exercise recommendations. Regularly scheduled live Zoom meetings provide WISE staff-led activities and fun like "FamJams", trivia sessions, karaoke and online games. WISE staff are always available for individual, family, and/or caregiver support through 24/7 phone access. Over 150 WISE participants and their families have been supported by the program.





# OUTDOOR WELLNESS

## COVID-19 RESPONSE EFFORT

Our commitment to continuing wellness opportunities in a safe and socially distanced capacity during the global COVID-19 pandemic, provided an innovative opportunity to take our Group Exercise, Cycling and Meditation programs outdoors!

With Outdoor Programs located at 4 YMCA Branches throughout Elizabeth, Rahway and Union, members were able to continue their wellness routine, make new friends and attend to their physical and mental wellness.

*"I am so appreciative of the opportunity to continue working out and attending class outside. I missed my weekly class and feel this is so important for my mental health."*

*"Outdoor cycling is so much fun and refreshing. I hope this continues way beyond the pandemic!"*

# 1,378

## PARTICIPANTS IN OUTDOOR WELLNESS



# YMCA CHILD CARE

## COVID-19 RESPONSE EFFORT

Child Care is essential to ensure parents are able to return to work. In July 2020, we reopened our YMCA Child Care program to assist our essential employees and their families.

We believe that every child is a unique individual and we are committed to promoting each child's physical, emotional and social development. Our Y child care staff team is highly skilled and trained to provide children with a loving and positive environment. We believe the values and skills learned early on are vital building blocks for quality of life and future success.

# 202

**INFANT & PRESCHOOL  
CHILD CARE PARTICIPANTS**





# FOOD INSECURITY

## COVID-19 RESPONSE EFFORT

Throughout the Global COVID-19 Pandemic, The Gateway Family YMCA worked alongside local agencies to ensure our YMCA Housing Residents, WISE Participants, Child Care Families and the local Community had access to healthy food.

With the assistance of our local partners, our YMCA provided **15,995** Meals to those facing food insecurity in our local community during 2020.



# VIRTUAL LEARNING SUPPORT

## COVID-19 RESPONSE EFFORT

With local school districts providing a remote school day, Virtual Learning Spaces provided child care for essential employees. The program curriculum including remote learning school sessions, homework assistance, active play, youth sports and STEM activities.

*"We are so happy with our experience. From following CDC guidelines to the teachers being amazing to our children. Our kids look forward to coming to the YMCA."*





# VIRTUAL LEARNING SUPPORT

## COVID-19 RESPONSE EFFORT

*"I appreciate the opportunity given to us parents to have our children safe, learning and among other students with fun filled activities to occupy their minds during this unfortunate pandemic."*

*"I appreciate everyone that has made this experience for my child a safe and caring environment."*

*"He loves and looks forward to going to the Y on a daily basis. I have nothing but good things to say about this program, allowing the kids to have some form of normalcy."*



# CHRONIC DISEASE SELF-MANAGEMENT

## COVID-19 RESPONSE EFFORT



**BLOOD PRESSURE SELF-MONITORING  
DIABETES EMPOWERMENT EDUCATION  
HEALTHY WEIGHT AND YOUR CHILD  
ENHANCE FITNESS FOR ARTHRITIS  
LIVESTRONG AT THE YMCA  
Y'S WEIGHT LOSS PROGRAM**

When the world paused for the COVID-19 Pandemic, we immediately switched our Chronic Disease Self-Management programs to a virtual and call-in format, allowing seamless care and management while promoting social distancing.

The Gateway Family YMCA's Chronic Disease Management Programs provide small-group assistance and support, 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.



# WELCOME BACK

## YMCA WELLNESS & MEMBERSHIP SERVICES

When the COVID-19 Pandemic began in March 2020, no one knew how much the world would change. We could have never imagined a time where our doors weren't open for in-person wellness and membership. Despite the fact that our Y remained open 24 hours a day for essential services like our YMCA housing, we missed seeing our member tremendously.

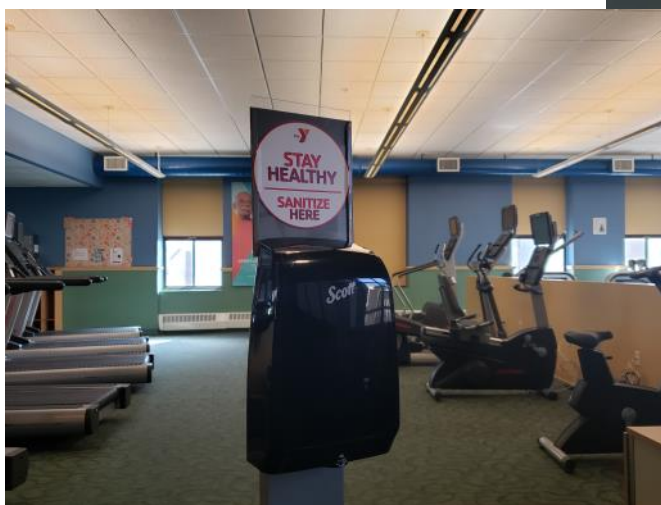
While we were fortunate to be able to shift to immediately providing virtual chronic disease self-management programs, which moved into a full array of Virtual Group Exercise by May, we were very excited to reopen our branches in July 2020 for Membership and In-person Wellness.

With a strong focus on cleanliness and social distancing, our staff reconfigured our branch equipment to provide the most Equipment availability while meeting all CDC, state and local health department guidance.

**We were so excited to WELCOME YOU BACK!**

*"I enjoyed being able to exercise in a clean fitness center that was not crowded. I also appreciate the constant cleaning and wiping of equipment by the staff."*

*"Equipment was clean, there were available cleaning supplies, machines were sufficiently distanced. Staff is friendly and helpful."*



# SAFETY AROUND WATER

## YMCA AQUATICS SAFETY & SWIMMING LESSONS

71% of the Word is Water, Children are 100% Curious

Teaching children how to be safe around water is not a luxury; it is a necessity.

At the Y, children learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely.

The Gateway Family YMCA provides swimming lessons for ages 6 month – Adult, including parent/child lessons, private and group lessons.

We know that learning to swim is an important life skill that builds more than muscle; swim lessons build safety practices and confidence.

*"The instructor was great. She was patient with the kids and very attentive. My son was just learning to swim when Covid hit. By the end of this session he was able to swim on his own for a few feet!"*

# 474

**YOUTH AQUATIC  
SWIM LESSON PARTICIPANTS**



# YOUTH VOLUNTEER DISTINGUISHED FINALIST

## MORGAN'S STORY



Meet Morgan. She speaks Spanish and Mandarin and also is the Vice President of her freshman class. She plays the harp and is a merit scholarship recipient. Morgan was nominated by The Gateway Family YMCA for the Prudential Spirit of Community Award. She is a distinguished finalist for the award representing the state of New Jersey.

Morgan is one of the founding members of BSA Troop 19, which is the largest in her area. It was founded in February 2019, the first time the BSA allowed girls to participate in BSA Scouts. Recently, Morgan gained admission to the inaugural class of female Eagle Scouts after passing her board review. She is an active member of the Lenape Trails district, a Troop Guide, Senior Patrol Leader and Quartermaster. Earning over 46 merit badges and attending over 50 camping nights, she was inducted into the scouting honor society, the Order of the Arrow (Lenapehoking Lodge 1X).

## 2020 Prudential Spirit of Community Award



## MORGAN'S STORY



COVID-19 has not stopped Morgan's commitment to service and she organized a socially-distanced Eagle Project.

Morgan is an advocate for wildlife, and she aims to educate others about the importance of bats in our ecosystem.

Providing socially-distanced training, she led a group of volunteers to install 10 bat houses in multiple locations spanning 3 counties, including the Great Swamp in Chatham, Van Nest Park and Rogers Preserve in West Windsor Township and Laurelwood Arboretum in Wayne.

Under her direction, 39 volunteers have built and installed the bat houses using 16 foot poles, with 3 feet deep footings in concrete.

**The 10 bat houses will house over one thousand bats!**

To learn more about this project, visit Morgan's YouTube Page, The Bat Project—Eagle Project.

## 2020 Prudential Spirit of Community Award



# 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.

With the help of our community partners, Shaping Eastern Union County provided Indoor and Outdoor Playstreets, Virtual Playstreets, Active Wellness and Chronic Disease Management Programs and Virtual Events, working together to create sustainable change for our community.

Community resource sharing was made possible throughout the pandemic, allowing our partners to provide important information to all. In 2020, we published an Interactive Food Map, hosted virtual programs and shared resources for wellness, assistance and emergency services.



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.

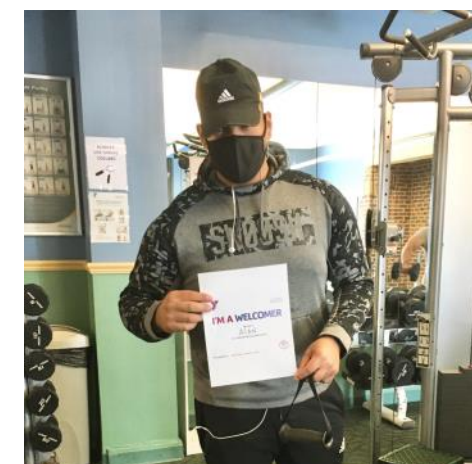
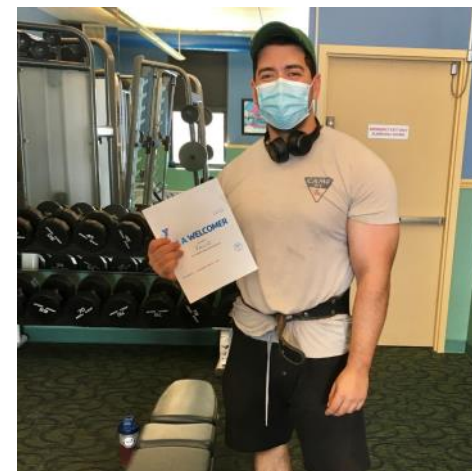


# WELCOMING WEEK

September 2020

Each year, The Gateway Family YMCA joins Welcoming America, YMCAs and organizations nationwide to celebrate immigrants' contributions to community and bring together all residents in a spirit of unity.

In 2020, The Gateway Family YMCA celebrated Welcoming Week with virtual events and in-person activities for YMCA members, as part of the commitment to the mission of serving all members in the community.



# STRONGER INDIVIDUALS AND STRONGER COMMUNITIES START WITH US

In 2020, we conducted membership, community and program participant surveys to measure our impact and determine the needs of our community.

# MEASURING OUR IMPACT

## YMCA MEMBER AND COMMUNITY SURVEYS

### Membership Satisfaction

91% Extremely Satisfied or Satisfied

### YMCA Communication

92% Extremely Satisfied or Satisfied

### Cleanliness of Facility

84% Extremely Satisfied or Satisfied

*"I haven't had a problem accessing equipment. I've truly enjoyed my workout time at the Y. Staff is helpful, kind and very polite."*

*"I didn't think I would like the virtual classes, but I love them. I take 5/ week."*

*"I am always welcomed by the staff. I can tell they have a big smile under their mask covering."*

*"I was a little apprehensive at first, but the staff and virtual programs are doing an exceptional job. There is ongoing cleaning, vast cleaning supplies in every station and small group, or even individual space for exercise. I am proud and extremely pleased with the Y experience and staff work ethics to keep myself and others safe as well as healthy."*



# MEMBER EXPERIENCE

## In Their Words

We asked our members and community participants to share their experience with our YMCA.

Here are their responses . . .

“

"I enjoyed my visit to the Y because of the friendly and welcoming team!"

- MEMBER, THE GATEWAY FAMILY YMCA

“

"Love my YMCA and know they are doing their best to accommodate during the restrictions in place. Keep up the good work keeping everyone safe and trying to keep us on track with our fitness goals!"

- MEMBER, THE GATEWAY FAMILY YMCA

“

"I enjoyed my experience very much. The staff was extremely helpful and gave proper instructions on the guidelines for COVID restrictions."

- MEMBER, THE GATEWAY FAMILY YMCA

“

"My experience was the best you can expect. I love all the options the YMCA offers."

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"I'm happy getting back to the gym, and also have been taking the virtual classes."**

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"Lap swimming is very regulated and they are very clean and careful. It's a pleasure to have a reservation because you know you can swim."**

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"Virtual classes are wonderful. I take five classes per week. I wasn't sure whether I would like these classes, but they're great! Instructors are wonderful too."**

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"I was very happy to be back in person. The staff is great and I missed it very much."**

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"Experience back at the gym has been great. Not too many people, everything is clean."**

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"Love the virtual exercise experiences. I was encouraged to try new classes virtually and it was successful."**

- MEMBER, THE GATEWAY FAMILY YMCA

“

**"The staff is very friendly and and a help when you don't know how to use work out equipment they are there to help you!"**

**- MEMBER, THE GATEWAY FAMILY YMCA**

“

**"I enjoyed the virtual classes and I feel I got the same result/effect just like I did the exercises at the Y. Thanks for an enjoyable experience."**

**- MEMBER, THE GATEWAY FAMILY YMCA**

“

**"I was extremely pleased to come back to the Y. The facility is clean and employees are pleasant."**

**- MEMBER, THE GATEWAY FAMILY YMCA**

“

**"So glad the YMCA is open. Very happy about the new scheduling process and that I am able to work out safely and get a scheduled time slot."**

**- MEMBER, THE GATEWAY FAMILY YMCA**

“

**"I enjoy being able to workout again - finally, after months of staying home. The YMCA is cleaner than the doctor's offices I visited and a lot less full!"**

**- MEMBER, THE GATEWAY FAMILY YMCA**



# 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.**

**In 2020, more than 500 Individual Donors assisted our YMCA in raising \$262,524 in Annual Campaign donations to support our community.**

**WE ARE CREATING  
A STRONGER COMMUNITY  
TOGETHER**

# The Y.<sup>TM</sup> For a better us





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