



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER

THE GATEWAY FAMILY YMCA  
2022 ANNUAL REPORT

Serving Eastern Union County And Northern Middlesex County

# GROWING STRONGER

**In 2022 our Y celebrated a resurgence of normalcy,** while the community began to adjust and grow, and where a new normal included a strong feeling — of HOPE.

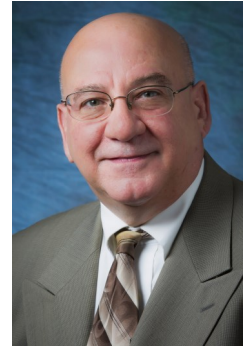
**As we have throughout our 122 year history,** The Gateway Family YMCA remained a pillar of support and hope in our community — for ALL.

**Every day,** we worked closely with our community partners, donors and volunteers to provide the services and support our neighbors needed — TOGETHER.

**Through innovative programming,** we grew stronger by using technological advancements, creativity, flexibility, equity and empathy — to improve LIVES.

**We focus on our Mission,** and commitment to serve all, supporting the neighborhoods surrounding our Y in Northern Middlesex County and Eastern Union County — and all individuals in NEED.

**Your Support,** resilience and commitment ensured our YMCA, and our community perseveres — despite all CHALLENGES.



*James Masterson*  
**Chief Volunteer Officer**



*Melynda A. Disla*  
**President, Chief Executive Officer**

**For Strength. For Support. For Community Growth.**

**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

**Provides financial assistance to the community, ensuring that EVERYONE has access to programs and services to learn, grow and thrive.**





# NJBIZ BUSINESS OF THE YEAR

## Top Non-Profit Business of the Year

The Gateway Family YMCA was named as a top NJ non-profit organization in the NJBIZ Business of the Year 2022 category for Non-Profit Business of the Year (101+ Employees) by NJBIZ.

The Business of the Year awards recognize the state's most dynamic businesses and business leaders for outstanding accomplishments in helping the state's business community grow and prosper.

Winners of the annual awards are chosen by an independent panel of judges, and finalists were recognized during an in-person awards ceremony at The Palace at Somerset Park.





# 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

Erica Bradshaw	Mansi Sanghvi
Laura A. Bretzger	Calvin Sierra
Anne Evans Estabrook*	Scott K. Snowden Jr.
Philip Krevsky, Esq.	Leonard Vanderwende
Frank J. Lawrence	

## SENIOR LEADERSHIP TEAM

MELYNDA A. DISLA	President, Chief Executive Officer
RODGER D. KOERBER	EVP, Chief Operating Officer
MICHAEL KLIDAS	SVP, Chief Financial Officer and Chief Grants Officer
MARILYN D. PHINN	VP, Chief Human Resources Officer
COLLEEN A. CLAYTON	Chief Membership & Development Officer
DANIEL CAPELA	Chief Information Officer

\*Y Homes, Inc. (CHDO) Board Member

# 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

## WISE CENTER YMCA BRANCH

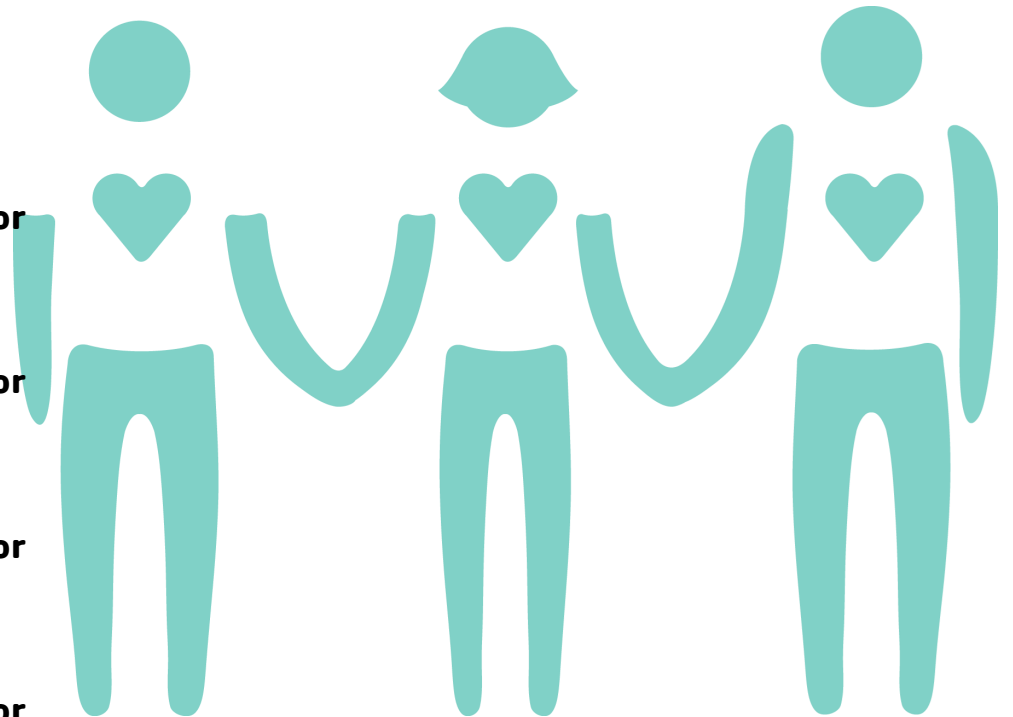
1000 Galloping Hill Road, STE 125, Union, NJ 07083

SUSAN H. BUTLER WISE Community Services Director

## YOUTH DEVELOPMENT BRANCH

16-20 Jefferson Avenue, Elizabeth, NJ 07201

LISA YANEZ Senior Child Development Director





# FISCALLY RESPONSIBLE

## REVENUE

Contributions and Grants	\$ 4,701,219
Membership	\$ 1,919,914
Childcare and Camp	\$ 3,704,113
Housing	\$ 3,413,082
Program	\$ 318,420
Other	\$ 20,442
<b>TOTAL REVENUE</b>	<b>\$14,077,190</b>

## EXPENSES

Program Expenses	\$ 10,312,572
Supporting Expenses	\$ 3,381,709
Transfer to Reserves & Financial Assistance	\$ 242,917
<b>TOTAL EXPENSE &amp; Change in Net Assets</b>	<b>\$14,077,190</b>

\*2022 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

**2022**  
OUR MEMBERS

**16,035**



**2022**  
SERVICE UNITS

**28,731**

# COMMUNITY BUILDING SUPPORT & SOCIALIZATION FOR ALL

## YMCA Membership



7,500

### Youth

Learned a new skill, worked together as a team, received programming for drowning prevention or child care.



2,400

### Members

Served by The Gateway Family YMCA through innovative support, programs and services.

### Adults

Felt supported, improved wellness, received programming for drowning prevention, chronic disease management or social isolation.



6,000

### Seniors

Made a new friend, learned a new skill, improved wellness, received programming for chronic disease management or social isolation.



16,035



**STRONGER  
COMMUNITIES  
START WITH US**

## **Understanding Everyone's Needs**

**In 2022, 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**

92% Extremely Satisfied or Satisfied

### **YMCA Communication**

91% Extremely Satisfied or Satisfied

### **Social Connection**

93% YMCA Programs Make Them Feel Socially Connected

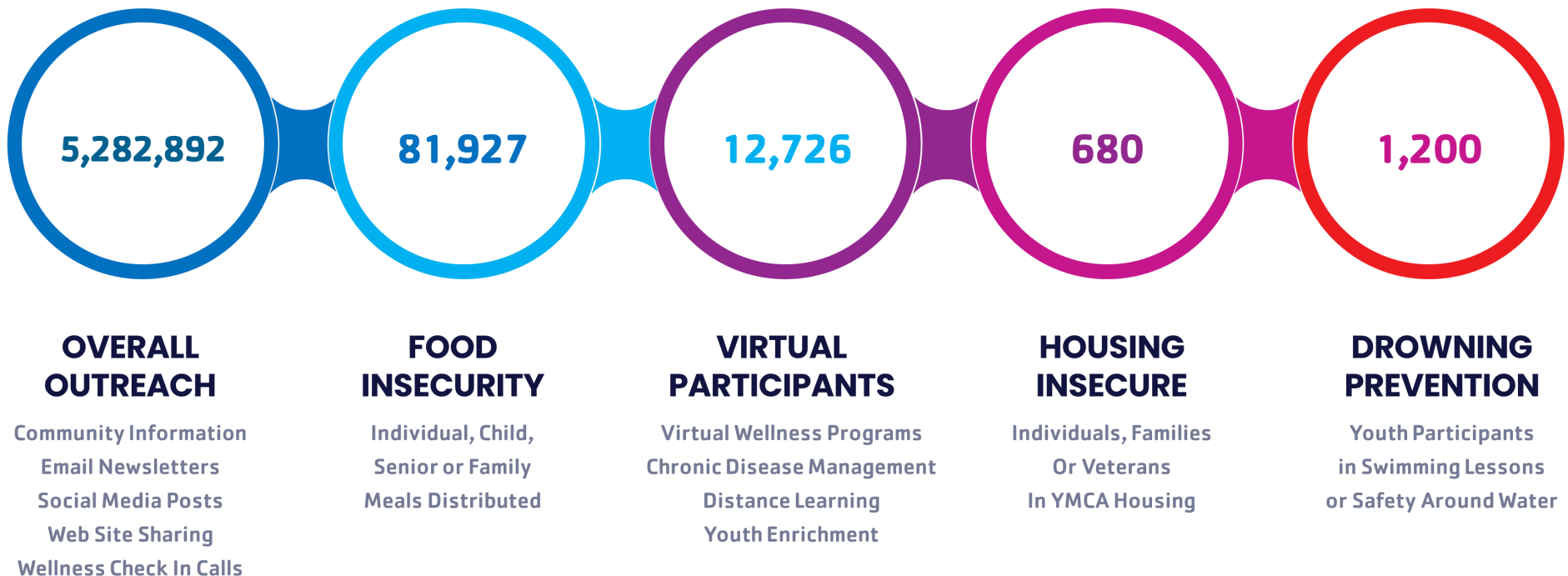
*"I am thrilled to have so many programs at the Y available to me. Every single staff person I have interacted with is friendly and helpful, and most know my family by name. I use the Y literally every day and it's been enormously helpful!"*

*"I love going to the YMCA, I always feel welcome and comfortable. I am continuing to love my instructors and classes!"*

*"I've been a member for years; the service is always great and the staff members are the best!"*

# SUPPORTING OUR COMMUNITY

## 2022 COMMUNITY SUPPORT



# SUPPORTING OUR COMMUNITY

## 2022 PROGRAMS

Unduplicated Individuals

**1,400**

INFANT, PRESCHOOL &  
SCHOOL AGE CHILD CARE

**700**

SUMMER DAY CAMP

**340**

YOUTH SPORTS PARTICIPANTS

**290**

WISE COMMUNITY SERVICES



# YMCA CHILD CARE

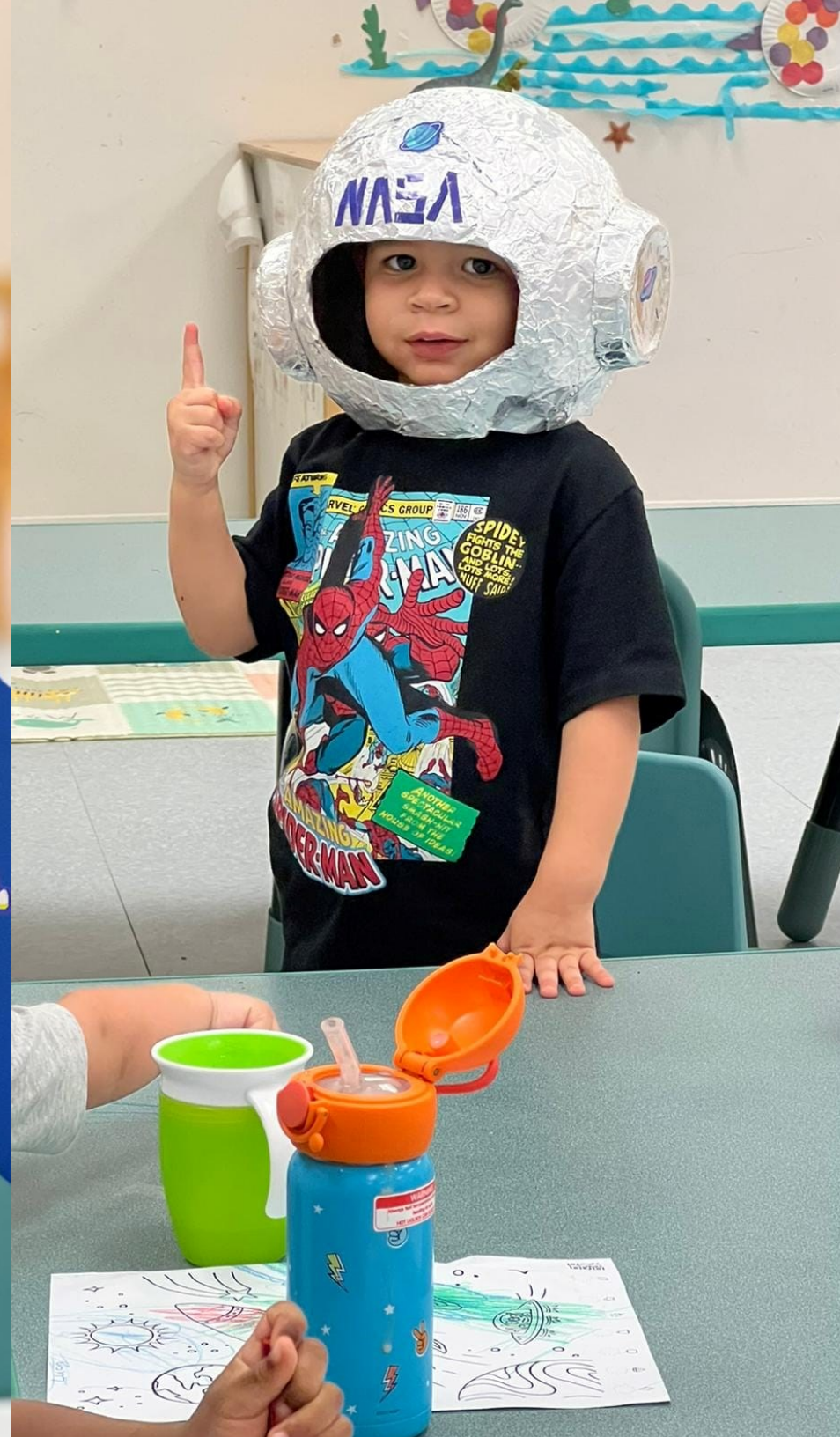
## WHERE LEARNING IS FUN

Child Care is essential to ensure parents are able to return to work. We believe that every child is a unique individual and we are committed to promoting each child's physical, emotional and social development.

*"The staff at the branch are extremely phenomenal. My daughter, who is now 2 years old, enjoys attending the Youth Development Branch in Elizabeth. The staff are so welcoming and helpful when needed. The teachers are also exceptional. My daughter has made so much progress because the staff are patient and attentive."*







# FOR SOCIALIZATION AND FRIENDSHIP

## The Jimenez Family's Story

*"I would like to express how much The Gateway Family YMCA impacted my family. Both my younger children, who were 6 months old and 3 years old at the time, started YMCA Child Care 4 years ago. Ms. Lisa and all of the staff have always been supportive, nurturing and encouraging to my children.*

*When my son came to this program he was struggling with his learning and behavior, Ms. Lisa and Ms. Emilia were very patient, kind, supportive and understanding; they worked with him throughout his stay. They left such an impact that he was able to move forward to kindergarten and excel academically.*

*When covid took place, they were very accommodating as our family was struggling financially. We were able to maintain our daughter in a safe and healthy environment during these unprecedented time through the scholarship program.*

*I would recommend this program anytime. It truly saddened us to move away, this past November; we truly wished we were able to take all of the staff and day care along with us.*

*They have not only been the foundation to my children's future, in their development but they all have also become like family. To this day my children still talk about their teachers, Ms. Lisa and friends they left back home.*

*I'll leave you with this, it takes a village to raise a child, and Ms. Lisa and her wonderful staff have truly been that village for our family throughout these last 4 years."*













From tiny seeds  
grow mighty trees.

Your support guarantees  
A place to call home,  
Children to teach,  
Lessons on swimming,  
And senior outreach.

Thank you for supporting  
the Y this year

We hope you have a  
Happy Thanksgiving  
full of cheer!



Cover artwork provided by  
the children at  
THE GATEWAY FAMILY YMCA  
YOUTH DEVELOPMENT BRANCH



# LEARNING IS FUN AFTER SCHOOL

## YMCA BEFORE AND AFTER SCHOOL CARE PROGRAMS

The Gateway Family YMCA's School Age Child Care (SACC) programs provide a safe, enriching and fun environment for kids to enjoy when the school day ends.

At YMCA Before and After School Care programs, kids can receive homework help and participate in fun, enriching activities that will ensure that every school day ends with a smile.

**1,002**  
**YOUTH PARTICIPANTS**





# SUMMER FUN AT DAY CAMP

FOR FRIENDSHIP  
FOR LEARNING NEW SKILLS  
FOR HAVING THE BEST SUMMER EVER









# HAPPY CAMPERS FAMILY SUPPORT

## Ayden's Camp Story

Dear Camp Director,

**It was very much appreciated.**

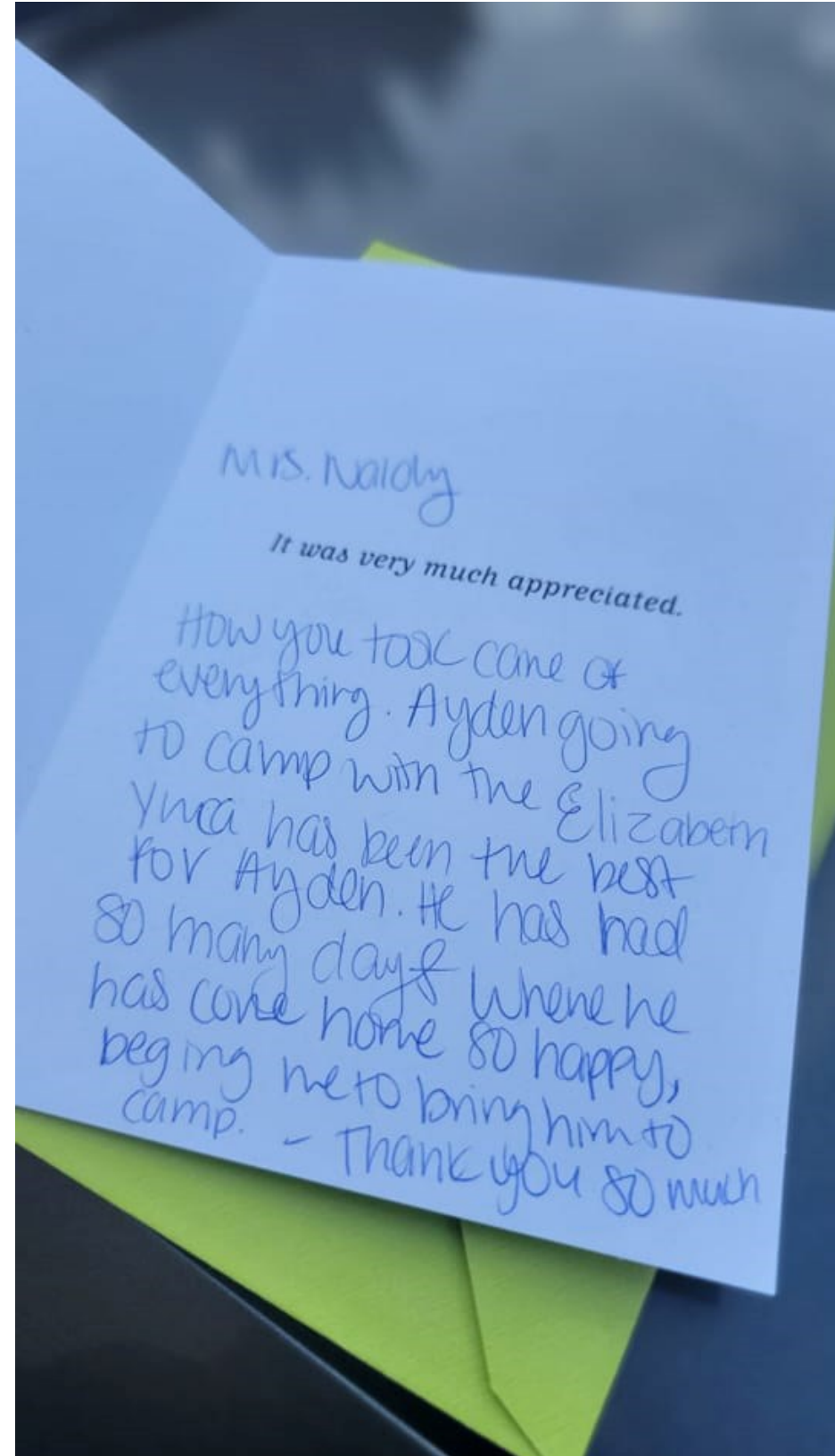
How you took care of everything. Ayden going to camp with the Elizabeth YMCA has been the best for Ayden.

He has had so many days where he has come home so happy, begging me to bring him to camp.

Thank you so much.

# 700

**SUMMER CAMP PARTICIPANTS**









# YOUTH SPORTS

**FOR FRIENDSHIP. FOR TEAMWORK. FOR FUN**

**YMCA Youth Sports teach kids the fundamentals, good sportsmanship, and teamwork, as well as give them the opportunity to gain confidence that comes from playing on a team.**

**Youth sports at The Gateway Family YMCA is about building the whole child from the inside out.**

*"The Basketball Coach at the Five Points Branch was great with my son. You could tell that he loves what he does, and my son loved the class."*

*"Soccer was a new sport for my daughter, and she made new friends the first day."*

*"The gymnastic coaches are so patient and kind. Our kids can't wait to return to class each week, and love to practice at home."*

*"I love knowing that my son can try different sports and find his own passion."*

## 340

**YOUTH SPORTS PARTICIPANTS**



# DROWNING PREVENTION

## SAFETY AROUND WATER & YMCA 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.

*"My lessons have shown a lot of progress. Specifically my Stage 2 Water Movement for ages 6-12. The students have come a long way this session.*

*They all started out not knowing each other and being timid in the water even while standing, but now they have gained confidence in floating and kicking.*

*After each lesson is over they even go over to our family swim lanes and continue to coach and encourage each other so that they continue to progress!*

*Some of them may even become future YMCA Swimming Instructors!"*



**1,200**  
**YOUTH AQUATIC PARTICIPANTS**



# LEARNING TO SAVE YOURSELF

## MARINA'S STORY

Marina came to the Y for swimming lessons as she neared 60 years of age. She felt confident in her ability to “doggy paddle” in the water, but would panic when her face would go in the water—especially when she couldn’t stand.

On her first day in class, Marina was blowing bubbles, and slowly getting her face in the water. And, by the end of her first class, she was able to glide in the water with her face in, for a couple of feet.

Five days after her first class, Marina was on a canoe in a river, without a life jacket, when her canoe unexpectedly flipped over. In the past, she would have “freaked out” as soon as she went under water. In that moment, Marina stated, *“I heard you saying not to panic and keep moving.”*

Marina was able to get herself back into the canoe, re-orient herself and move to safety.

*“If it weren’t for my YMCA swim lessons, this would have been a completely different story.”*



# SWIM SAFETY FUNDAMENTALS

## SWIM SMART ALWAYS

### SARA'S STORY

Sara is a 10 year old member who has been swimming with us at the YMCA for the last year. Her family came to the Y after an unsettling experience while on a family vacation out of state.

During the pandemic, Sara's family decided they needed a break, and decided on a vacation to Florida. While visiting the resort pool, Sara accidentally ventured too far into the deep end and found herself scared and unable to resurface to the top.

*"As soon as we returned home, we knew Sara needed to learn how to swim, and we registered for the Water Acclimation swimming class last August."*

Sara has made great progress, and is currently in our Stroke Introduction swimming class. She is now able to swim the length of the pool.

*Sara shared, "My goal is to join the Y's Swim Team very soon."*





# WORKING TOGETHER MAKING A SPLASH

## YMCA RAPIDS SWIM TEAM



# **BOYS & YOUNG MEN OF COLOR**

## **YMCA STRATEGY**

**In 2022, we were awarded grant funding to implement the Boys and Young Men of Color (BYMOC) Initiative. BYMOC ensures equitable outcomes for boys and young men of color ages 11–17 by removing systemic barriers, providing relevant services and support systems creating nurturing environments that promote confidence and growth.**

**The Gateway Family YMCA is excited to introduce Leap and Learn, a teen mentorship program including teamwork through basketball.**

### **SUPPORTING YOUNG PEOPLE**

**Supporting and inspiring young people to live up to their full potential is a priority of the YMCA. With a focus on meeting social, emotional and academic needs, we offer a wealth of engaging programs for young people.**

### **SUPPORTING DIVERSE COMMUNITIES**

**We bring diverse people together to tackle social issues, creating more cohesive communities and a better connected society.**



# WISE COMMUNITY SERVICES

## W.I.S.E. (Wellness, Independence and Socialization for our Elders)

The WISE Community Services programs specialize 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 and caring environment.

The WISE Connect curriculum includes daily activity emails, wellness and movement activities, weekly social work support, live in person and hybrid virtual Zoom activities, caregiver support groups, home drop-off of activity supplies and meals, and 24/7 telephone availability supportive staff.

# 290

**WISE MEMBERS & FAMILIES**



# PREVENTION, MANAGEMENT AND SUPPORT SYSTEMS FOR ALL

## CHRONIC DISEASE PROGRAMS

**90%**

**SATISFIED**

with the program  
they attended

**88%**

**UNDERSTAND**

Have a Better  
Understanding  
of Their Chronic Disease

**93%**

**CONNECTED**

Reported These Programs  
Helped Them Feel  
Socially Connected

**90%**

**CONTINUE**

Plan to Continue  
Healthy Behavior Changes  
Learned After Leaving  
the Program

# DIABETES MANAGEMENT

## Robert Wood Johnson Hospital Rahway

The Gateway Family YMCA – Rahway Branch offers a collaborative Diabetes Management Program, along with our partner, the Robert Wood Johnson Hospital Rahway and community guest speakers.

*"A big thanks to our diabetes teachers for the Winter Goal is Control class. It was an excellent class with great presentations, great information, fun and easy exercises, and material that was approachable, and do-able. You helped change lives."* Donna, RWJRH

### Diabetes Management Member Stories

*"I learned so much from this class. I used to eat everything in sight and not really think about it. Now, I'm more careful and I am trying new things like hummus. It fills you up and is really good. I made a lot of changes in the way I eat with my wife's help. I have to tell you, my sugar readings are in the 90s now. They used to be in the 130s. I really thank you for this class."* – Orlando

*"I had to miss the last class because of a problem with my foot, but thank you for the class. It was great. I learned so much. I fell off the wagon during the pandemic. Sugars were a mess. This helped get me back on track. I am going to miss this class. Thank you."* – Tom

*"I have been a diabetic for over 20 years. No doctor ever recommended a diabetes class or diabetes counseling. I had no idea these programs even existed. This is my first, and I'm so glad I came. I learned a lot and I really appreciate the expertise. I am retired now and I want to live a long, healthy life."* – Pamela





# YMCA VIRTUAL WELLNESS & CHRONIC DISEASE PROGRAMS

## SUPPORTING COMMUNITY

Social isolation has been a very real challenge for the community, where many vulnerable individuals remain at home, interact less and seek medical care for chronic conditions less often, even today.

In our commitment to healthy equity and social isolation support, our Y launched Live Virtual Wellness and Chronic Disease programming in early 2020.

Our commitment to Digital Innovation and Virtual Access for Health Equity has expanded in 2022 to include:

- 25+ Live Virtual Y-led Group Exercise & Chronic Disease programs weekly
- 24-hour Virtual Y On Demand—an interactive platform for recorded versions of our Y's most popular programs
- 24-hour YMCA360—an interactive platform including live and recorded versions of programs, seminars, enrichment, STEAM, youth sports, swim safety & more from over 100 YMCA's
- A Virtual Only Membership option to join from home









# FOR FAMILY SHELTER STRENGTH AND SUPPORT

## Anita's Family Story

*"It's hard to admit when you can no longer protect or support your family. The decision to leave a troubled relationship, seek help and assistance is one I wrestled with for a long time—too long, but in the end I made the right decision.*

*My children and I came to the YMCA with nothing much, except some clothing and a favorite teddy bear.*

*The support we have received, the friends we have made, and the hope you provide is worth more than I can say.*

*You never expect or plan to be homeless - it's not something you can always control. If it wasn't for the YMCA, I don't know where we would be.*

*From the bottom of my heart, Thank you for everything."*



# 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 continued to work together to create sustainable change for health equity within our community.

In 2022, we finalized the Elizabeth River Walk Trail project, updated our Food Policy Map, empowering our community with food access locations, hosted virtual partner sharing meetings and collaborated on projects for chronic disease prevention, food access, social isolation, and shared COVID vaccine and testing resources.



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.



# ELIZABETH RIVER WALK TRAIL PROJECT

**The Gateway Family YMCA**

**Shaping Elizabeth**

**Directional Signage and Community Health Support**



# THANK YOU TO OUR DONORS

**Our Donors and volunteers provide the foundational support for our philanthropic work and TOGETHER we build strong communities.**

**In 2022, YOUR ANNUAL CAMPAIGN DONATIONS assisted our YMCA in providing over \$250,000 in Financial Assistance to support our community.**

# BUILDING A STRONGER COMMUNITY TOGETHER WITH YOU

# The Y.™ For a better us







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