



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 2019

## ANNUAL REPORT

SUMMIT AREA YMCA

# OUR MISSION

is to strengthen the foundations of community by nurturing and developing the potential of every child, promoting healthy living, and fostering a sense of social responsibility.

# DEAR FRIENDS,

Although this report is about 2019, we would be remiss in not acknowledging the challenges that 2020 has brought upon our community. COVID-19 has forced us to temporarily shut our doors – but we have worked diligently to keep our mission open in a variety of ways. And the pain we all feel from the senseless killing of George Floyd is a stark reminder of the need for our commitment to diversity and inclusion, in all of its forms. We'll write more about the challenges of 2020 in next year's letter – but – for now – let them serve for all of us as a reminder of the enduring importance of our mission. We're for Youth Development. We're for Healthy Living. We're for Social Responsibility. We're for a better us.

## A Letter to the Community

The Summit Area YMCA has served the Greater Summit communities for over 134 years. While we remain in awe of such continued, uninterrupted service, we know that our mission and the way we deliver that mission continually evolve. In 2019 we adapted to meet the changing needs of our youth, families and seniors by listening, learning and celebrating the excitement of change and growth.

The year saw a full twelve months of construction on the much awaited new Berkeley Heights YMCA while we prepared to say goodbye to our long-time home on Springfield Ave. Building a new branch from the ground up and for the first time in over 100 years generated great energy and enthusiasm among members and in the quickly growing community. And, we are very proud of the interest in and demand for our many and diverse program areas – some familiar and some not so familiar.

Our youth programs continue to grow especially summer camp, child care and school-aged child care. We are energized by the fact that our middle school and teen programs continue to provide platforms for youth to learn supplemental academic skills, lifelong wellness skills and mindfulness. Social and emotional learning opportunities are a priority and the lens through which design and develop programs and services for youth. Why? Today's youth are not only incredibly talented, intelligent and self-aware, but they are also exposed to fast paced environment full of complexity and high expectations which brings stress and

anxiety in its wake. We owe it to our future leaders to teach them how to and allow them to use the simple art of "taking a breather."

Our families are being given more opportunities to spend time together through a myriad of structured and unstructured activities. Our active older adults have practically taken over the traditional basketball courts and requested that we triple the number of pickle ball classes and leagues we offered over the prior year. More than ever, our adult members share with us that they enjoy getting fit by participating the plethora of group exercise classes – over 80 varieties at last count.

Our social responsibility tenet remains as vibrant and critical as ever. The Togetherhood™ program of volunteers continues to deliver robust activities and programs to underserved families and seniors throughout our community. The Family Backpack program continues to serve many more food insecure children and families enrolled in the Summit Middle and High schools. The volunteer academic assistance programs continue to mentor and instruct more and more students and thereby helps address the closing of achievement gaps and summer learning loss.

We know that none of this could have been possible without your support and that of our volunteers. We are grateful for your philanthropic support to the 2019 Annual and Capital campaigns, for your wisdom and guidance, strategic direction and encouragement, and for the trust you place in the Y to fulfill its mission in the community each day. We could not do it without your trust and partnership. We remain privileged and honored to be of service.

Best,



**Paul Kieltyka**  
President & CEO



**Robert Jeffries**  
Board Chairman



## BUILDS CONFIDENCE

“When we came to the Y, Diya was 5 years old and started with basic water acclimation. We brought her every day for swim lessons. In a year and a half, she is now eligible for pre-competitive swim team. I think it was the combination of the instructors, the pool and the consistency that helped her thrive. I don’t know how to swim, and now Diya has taken it upon herself to teach me how to swim too!”

— Deepti, Summit YMCA



## PREVENTS LEARNING LOSS

“My child participated in Camp Cannundus, Camp Lagoon and The Learning Circle. For a child with a food allergy, the Y staff took time to meet with me, answered all of my questions and provided the comfort I needed entering a new environment. There is a solid combination of learning and fun activities. It is well organized, safe, with constant flow of communication. The children really enjoy it!”

— Amy, Summer Camp



## GIVES PEACE OF MIND

“Being a parent is hard, but being a parent of two little girls and having to file for bankruptcy is even harder. I walked into The Learning Circle YMCA and the wonderful staff there provided me all the information and steps needed for financial assistance. Within a few short weeks, I was able to have my oldest in such a loving and caring environment. Shortly after, I found out I was pregnant again and I knew right away where she was going to go for childcare. I am forever grateful for The Learning Circle YMCA and staff for giving me and my daughters the opportunities to grow and thrive.”

— Cindy, The Learning Circle YMCA

# YOUTH DEVELOPMENT

At the Y, we give young people a safe place to belong, to build confidence and to learn positive behaviors from strong role models who exemplify the core values of caring, honesty, respect and responsibility. Whether it be child care, early education, youth swim and sports, camp or college preparation, our programs and staff provide the support and opportunities needed to help our youth learn, grow and thrive.

“We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends.”

— Mary McLeod Bethune



## PREPARES YOUNG ADULTS

“I’m an upcoming senior and one of my favorite moments of Achievers was going to Rutgers University and taking a tour. It was super beneficial to experience it and I think it was one of my favorite colleges that I was really looking forward to. I truly believe that Achievers is something special especially to a high school student that wants to go to college and to get to experience what college is like before actually going. I really learned so much in Achievers and I recommend anybody to join.”

— Pablo, Summit YMCA



## ENGAGES YOUTH

“I’ve always wanted to work out at the Y, so after I completed the demos I was glad I could come for free for the whole year. The staff here is so welcoming to me, I felt really good about myself every time I visit. I learned what the right weights were for me, I learned what’s healthy for me and that there’s more to working out than just the treadmill. I play baseball, so the staff gives me tips on what I can do to get stronger as a baseball player.”

— Brian, Summit YMCA



47

teens participated in the Achievers Program.



182

youth engaged in the free 7th Grade Membership program.



5,387

swim lessons were taught to help reduce the risk of drowning.



\$65,185

Financial Assistance awarded to 46 youth to enjoy Summer Camp.



\$290,868

direct financial assistance given to eligible families for safe and quality childcare.



## UNITES COMMUNITY

“A community garden is a great place for kids to learn about growing things and shows where food comes from. It builds a healthy, connected community. It provides a connection with growing things with the soil, with the people that are there, harvesting things and then taking them to the local food pantries. It’s a connection to the community that didn’t exist before.”

— Marian, Summit Achieve Community Garden Member



## MANAGES HEALTH

“I think the program helped me become healthier overall. The information we received really helped make my anecdotal knowledge more concrete and specific, and it made it easy to bring into my daily life and routine. I now have a much better understanding of how lifestyle, exercise and nutrition affect blood pressure and health. I’ve even lost lots over 20 pounds!”

— Jim,  
Berkeley Heights YMCA



## CONNECTS SENIORS

“When people ask me, they don’t believe I am 91 and everyone thinks I am in my 70s. I first joined the Y when I moved to Summit in 1980. It was a place to meet other people and exercise every day, and now exercising consistently helps my bad knee too. I’ve made friends of different ethnicities and backgrounds at the YMCA and we have very interesting discussions on a variety of topics every week. I’m never at the Y for less than an hour. Once a month, we all go out to eat at an Italian restaurant, and I call it the Italian Dinner Club. There are also monthly Lunch and Learns with some very good speakers. It’s a source of great pleasure and happiness to me, I like being a member.”

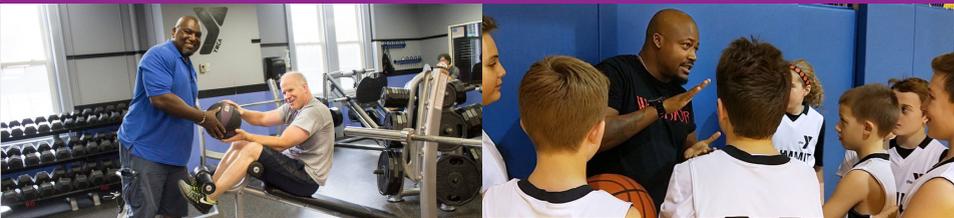
— Robert, Summit YMCA

# HEALTHY LIVING

Whether you are new to fitness, working towards a goal, maintaining your health or recovering from injury, the Y is here to support you wherever you are on your wellness journey while making sure that all individuals feel welcomed and safe. Individuals of all ages, backgrounds and creeds are able to find ways to achieve healthy lifestyles and build meaningful relationships together.

“**Know, then, whatever cheerful and serene supports the mind supports the body too.**”

— John Armstrong



## MOTIVATES WELLNESS

“The catalyst for wanting to get back in shape again was when I started not fitting my suits anymore. I started doing personal training with Dorian Jackson at the Summit Y and his workouts have resulted in me losing 15 pounds, gaining more muscle and increasing my endurance. Coming to the Y has introduced me to so many people and my relationships here hold me accountable to come on a daily basis and make healthier choices. Beyond getting in shape, it’s encouraged me to become a better person and has given me a sense of community.”

— Steven, Summit YMCA

## PROVIDES ROLE MODELS

“Growing up, I had a rough childhood but when I started going to the Summit YMCA to play basketball, I fell in love with the game. When I came to the Y, I got to meet with my big brothers who showed me the way. Because of the Y, I was able to become a better person. When I finally became a Basketball Coach at the Y, we won 3 games our first year and then went on to win 20 championships. We kept kids off the street as it did for me, helping families keep the community strong. I want the kids to love the Y like I love the Y.”

— Kareem, Summit YMCA



292

Wellness Navigations provided, guiding participants through their wellness journey and the Y’s ability to support their goals.



22

individuals participated in LIVESTRONG® at the YMCA.



500

pounds of fresh produce from the Summit Achieve Community Garden donated to local food pantries.



9559

group fitness classes taught.



731,199

members and community members visited the Berkeley Heights YMCA and Summit YMCA to engage in healthy activities in 2019.



951

kids participated in Youth Sports, learning sportsmanship, teamwork and respect.



## CELEBRATES DIVERSITY

“Lunar New Year was an incredible experience. Between the excellent performances, the many exhibits and activities for kids, and the huge turnout from residents as well as from neighboring towns, I could not have been more proud to be part of the collaboration between the Berkeley Heights Diversity Council and the Summit Area YMCA. This was Berkeley Heights at its best – a warm, welcoming community that celebrates its strengths.”

— Stephen Yellin,  
Berkeley Heights Diversity Council Member



## WELCOMES ALL ABILITIES

Having twins on the autism spectrum, I am always looking for a place for them to develop better, for them to enjoy and have a good time. I am deeply grateful to the Y because I have found a place where my kids are welcomed and they can have a good time to enjoy and be themselves. I am Costa Rican and coming to the Y and being able to speak Spanish with the staff makes us feel welcomed and cared for. My children love the Sundays in Motion program and it makes our whole family happy.

— Carmen, Summit YMCA



## PROVIDES SAFE SPACES

“When Michael was younger, there were so many special needs programs for little kids. By the time he turned 10, most of those programs ended and it became almost impossible to find something for him. Then, we began doing the Adaptive Yoga at the Berkeley Heights YMCA and attending the Fridays in Motion events that they do in collaboration with St. Bart’s. He looks forward to seeing his friends and always gets excited for the next thing happening at the Y. When he’s participating in these programs, he learns to become more independent. He can experience the real world in a safe setting, surrounded by Y staff that really care about the kids a lot. I love the Y because they care.”

— Alisa, Berkeley Heights YMCA

# SOCIAL RESPONSIBILITY

As an organization dedicated to serving and strengthening our community, we inspire members and community members each day to make a difference in the lives of others with small and large acts of kindness. Your support has helped others who are less fortunate to access opportunities to learn, grow and thrive.

“The best way to find yourself is to lose yourself in the service of others.”

— Mahatma Gandhi



## PROVIDES OPPORTUNITIES

“When I moved from Manhattan, I was looking for more than a gym—I was also looking for community involvement and I found both at the Y. Specifically, I absolutely love the Togetherhood®’s Senior Spa Day monthly event. I have been doing this event for 2 years and seeing the joy and happiness that it brings to the seniors is priceless. Without the Y, I would not have had the opportunity to help others in such a meaningful way.”

— Dorota, Summit YMCA

## SUPPORTS FAMILIES

“Coming from Brazil I was not sure how childcare worked here especially for a working single mother. The YMCA provided me financial aid and allowed my son to start attending The Learning Circle YMCA. The staff genuinely care and love their students by providing a nurturing, warming and creative classroom. I am truly thankful for my experience with TLC and cannot thank the YMCA for providing these services to working families!”

— Giselle, The Learning Circle YMCA



# 354

individuals volunteered in Togetherhood® related events and projects in 2019.



# 795

individuals volunteered at the Summit Area YMCA in programs, events and more.



# 6,671

volunteer hours donated in service to the community by volunteers of the Summit Area YMCA.



# 760+

guests attended and participated in cultural festivals and special events hosted by the Summit Area YMCA and local community partners.



# 170+

individuals connected and blossomed in our Special Needs programs, events and classes.



## A NEW HOME FOR THE Y

Construction of the new 40,000 square foot Berkeley Heights branch and the accompanying new outdoor, heated, Olympic-size pool was in full swing in 2019. Support from many area corporations, foundations and individuals were critical in helping us complete this important project where our primary focus was to expand our service to the community. It has been more than 10 years since there was a new YMCA branch built in New Jersey and we are proud that, together, we made this happen. The New Berkeley Heights YMCA celebrated its Grand Opening on February 29, 2020.



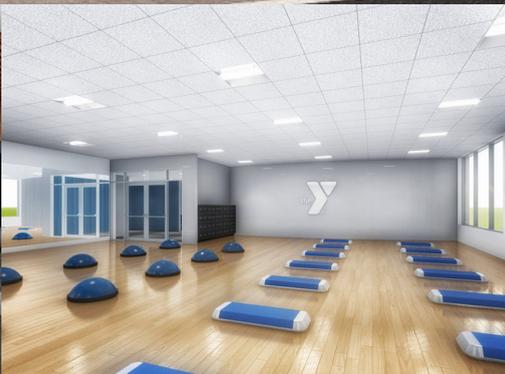
**It is not about the building, square footage, or the pool. It is about expanding our mission, increasing our impact and having the ability to really change lives.**

— Paul Kieltyka,  
President & CEO of the Summit Area YMCA



With the construction of the new Berkeley Heights facility drawing to a close, in 2019 the Summit Area YMCA continued planning for upgrades and renovations to the Summit YMCA, a historic branch that has been the cornerstone of our community for the last 135 years and a facility that welcomes and provides services for all. The Summit Area YMCA is currently working to secure additional funding needed for all of the Summit YMCA capital needs so that construction can begin and continue in a timely manner.

# FOR A BETTER US



**View the full 2019 Annual Report at [www.theSAY.org/annualreport](http://www.theSAY.org/annualreport)**

**SUMMIT AREA YMCA**



**[www.theSAY.org](http://www.theSAY.org)**

The Summit Area YMCA is one of area's leading 501(c)(3) organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.