



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Cumberland Cape Atlantic YMCA**

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Dear Y Friend:

This year, the YMCA celebrates 95 years of serving our community in Cumberland, Cape May, and Atlantic counties through meaningful programs that promote youth development, healthy living, and social responsibility.

From exercise to mental well-being, from before and after care, to MVP special needs programs to preventive health, the Y doesn't just strengthen mind and bodies. It strengthens communities. **With support from our donors we are able to provide opportunities for everyone regardless of age, income, or background.**

Through the generosity of donors like you, 2021 was another successful year of making a difference in our community. Contributions from our Annual Giving Campaign directly support our Y Cares Financial Assistance Program, which ensures no one is turned away due to the inability to pay. In 2021, the Y provided assistance to 38 families plus 78 individuals to continue their wellness journey at the Y regardless of financial difficulties.

Our free Livestrong Program helps cancer survivors regain their health. Since 2015 participants with 19 different forms of cancer have regained their strength through our free Livestrong Program. Our free Diabetes Prevention Program has helped 114 participants to lead healthier lives.

Our Annual Giving Campaign ensures everyone has what they need to continue to learn, grow, and thrive with the Y's support. **Please give today and help us continue to make a positive impact in our community.**

Sincerely,

Kathleen Farinaccio  
Board President

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The YMCA strives to turn no one away due to the inability to pay

