STRONGER TOGETHER
CUMBERLAND CAPE ATLANTIC YMCA
2018 ANNUAL REPORT
SERVING THREE COUNTIES
Cumberland, Cape May, and Atlantic

23 BEFORE AND AFTER SCHOOL SITES
Serving 1,206 youth daily

234 YMCA EMPLOYEES FURTHERING THE Y’S THREE AREAS OF FOCUS:
Youth Development, Healthy Living, Social Responsibility
24 full-time; 210 part-time

SERVING OVER 7,000 MEMBERS

ONE ASSOCIATION
COMMITTED TO THE FOUNDATIONS OF OUR COMMUNITY
OUR FOUNDATION

Our Mission:
We are a nonprofit charitable organization that is part of a worldwide association based on Christian principles, inclusive of all people, dedicated to fostering opportunities for all individuals, families, and communities through programs that build healthy spirit, mind, and body for all.

Our Cause:
At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why we focus our work in three areas:

- **Youth Development** – Nurturing the potential of every child and teen
- **Healthy Living** – Improving the nation’s health and well-being
- **Social Responsibility** – Giving back and providing support to our neighbors

Our Values:
*Respect, Responsibility, Caring, Honesty:* Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.

Our Promise:
The Cumberland Cape Atlantic YMCA is a nonprofit, charitable, cause driven organization that serves the entire community. Donations support our cause-driven programs and we strive to keep programs and membership affordable and open for all with our Y Cares Financial Assistance.

The Y’s Beliefs:
*We believe* that when we devote our full strength to the Y’s mission and cause, work in partnership with others, and build on our history of innovation, we can address the most pressing issues of our time unlike any other organization.

*We believe* all people have potential.

*We believe* active and connected families make for active and connected communities.

*We believe* in a holistic approach to development, promoting healthy spirit, mind, and body.

*We believe* that in a diverse world, we are stronger when we are inclusive and our doors are open to all.

*We believe* in honoring our mission, living our cause, acting in accordance with our values, and placing the greater good above self.

OUR LEADERSHIP

YMCA BOARD OF DIRECTORS

Mike Epifanio, President
Shayne Bevilacqua, 1st V.P.
David Schad, Treasurer
Kathy Farinaccio, Secretary

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YMCA LEADERSHIP STAFF

George Steinbronn, Jr., CEO
Theresa McKay-Booth, Sr. Director of Child Development
Cara Morello, Director of Admin./Operations
Gail Del Valle, Finance Director
Gene Fleming, Facilities Director
Karen Rivera, Human Resources Director
Jennifer Helm, Sr. Program Director – Aquatics
Jose Ledezma, Jr., Healthy Living Director
Donna Ocasio, Member Services Director
Yvonne Holloway, Preschool Director
Mary Desjardins, Assistant Aquatic Director
Ashley Parent, School Age Childcare/Camp Director
Vanita Moses, School Age Childcare/Camp Director
YOUTH DEVELOPMENT

A snapshot of how our Y helps nurture youth in our community

Before & After School Program

3 Counties
8 School Districts
23 Locations
1,206 average daily program attendance

Aquatics

In 2018, our Y adapted to the new National YMCA Swim Lesson program, focusing on building strong swimmers, having fun in and around the water, and developing overall confidence. Our Swim Instructors taught over 850 swimmers of all ages last year.

In addition to swim lessons, the Penguins and Seals swim teams had another successful year. Serving over 240 swimmers in 2018, our winter Seals swim team broke records including the 11/12 boys freestyle record. The Seals also earned first place in the NJ YMCA 8 and under Championships!

Youth Programs

Basketball, Soccer, Dance, Superheroes and more! Our Y served over 640 youth through our youth programs last year. We also continued to develop and expand our “MVP” youth special needs programs, introducing Indoor Soccer and providing over 40 youth with the chance to participate in specialized sports programs, just for them!

District Preschool Program

Our YMCA partners with the Vineland School District to provide a free, full day Preschool program. Our small classroom school serves 60 children, ages 3-4 years old, daily, in a family friendly environment. Our Preschool is NAEYC accredited and curriculum is taught by NJ Certified Preschool Teachers.

Summer Day Camp

In 2018, we celebrated over 60 years of camping at our YMCA! Through the years, our camps have grown to serve over 270 children daily. Each week is themed and activities focus on developing our campers’ social, emotional, and cognitive development, as well as, health and well-being. Our Summer Food program served over 7,500 breakfasts and over 7,550 lunches.
A snapshot of how our Y helps improve health and wellness in our community

Water Exercise
Our Aquatic Water Exercise program provided hours of low-impact exercise and social connection to over 440 participants in 2018. This group continued the "Ynners" Club, lead by YMCA Staff Crystal, hosting numerous lunch events and parties throughout the year. The “Ynners” provide a place for participants to connect, enjoy time together outside of the Y, as well support each other through happy and hard times.

Healthy Aging
2018 brought our first “Active Older Adult Move-a-thon” - focusing on our AOA’s moving and eating healthy! In addition, our Y continued with 5 classes, dedicated to our 55 and older members, serving over 525 participants.

Rally for the Y
Our Y hosted another successful year of “Rally for the Y.” Through a partnership with our Expresso interactive spin bikes, the company supports Y’s by “sponsoring” riders, our members, at 10 cents per mile through the month of February. A total of 3,300 miles were rode and the total amount raised was $333.00 – supporting the Annual Giving Campaign!

Group Exercise
2018 saw a variety of new classes introduced to our group exercise participants, including “Pilates Fusion,” “Morning Madness,” “Chair Yoga,” and more! Our Y provided fitness classes of all levels to over 2,000 participants in 2018.

Our Centers
Our Family Fitness Center allows parents and children, ages 11 and up, to workout together, while our Family Health & Adventure Center provides a fun and interactive space for children ages 8 and up to workout with parents! The Free Weight Room underwent a major renovation in 2018, upgrading new flooring, paint, lights and equipment. Read more on page 9!
SOCIAL RESPONSIBILITY

A snapshot of how our Y gives back and supports our community - YMCA Signature Programs

YMCA Diabetes Prevention Program

29 Million
The number of Americans with Diabetes

75%
The amount of participants in our program that lost 5-7% of their body weight in the first three months, and maintained the weight loss throughout the year

90
Total participants in our YMCA Diabetes Prevention program since 2015

$0 – the amount participants pay for each program, supported through the Y’s Annual Giving Campaign

YMCA Livestrong Program

19
The amount of different cancers seen through the program

85
The amount of graduates from the Livestrong program since 2011

100%
The amount of participants who reported they were extremely satisfied with the program and would recommend to a family member or friend with cancer

Coming in 2019!
YMCA Blood Pressure Self-Monitoring Program
SOCIAL RESPONSIBILITY

A snapshot of how our Y gives back and supports our community

2018 Annual Giving Campaign

110 Donors who support the Annual Giving Campaign
294 families supported
747 individuals supported
$34,935 given in Y Cares support

Our Annual Giving Campaign supports the “Y Cares” Financial Assistance program. This program provides support based on income and circumstance to those who need assistance. Through this program, we offer assistance with membership, youth programs, and childcare.

Live Healthy Vineland

Our Y continued a long-standing partnership with the City of Vineland Health Department through our Live Healthy Vineland initiative. This initiative originally began in 2009 as the NJ Partnership for Healthy Kids, funded through a Robert Wood Johnson grant. From there, the Y secured a grant through the CDC, prompting the creation of Live Healthy Vineland. Since inception, LHV has focused on worksite wellness, farm to pantry, and healthy corner store initiatives, amongst others.

Impact since 2015

25 participating Corner Stores in the Healthy Corner Store initiative
18 businesses participating in our Worksite Wellness initiative
13 pantries participating in our Farm to Pantry initiative
7 farms participating in our Farm to Pantry initiative
WE’RE COMMITTED TO MAKING THE ENTIRE COMMUNITY STRONGER

548 volunteers in 2018
3,437 amount of volunteer hours in 2018

COMMUNITY EVENTS

Healthy Kids Day
Held in April, Healthy Kids Day hosted over 200 community members visiting the Y for free. They enjoyed various giveaways, activities, obstacle courses, and crafts!

Spooktacular
Held in October, our Healthy Spooktacular hosted over 500 community members “trick or treating” around the Y. A special thanks to our Burberry volunteers for setting up another awesome haunted house!

Barkfest
Held for the second year, our Barkfest “friendraiser” saw over 50 community members and dogs visit the Y! Special visits from the canine police and local dog organizations helped complete a fun day!

Swim with Santa
Taking a swim in the pool with Santa is always a highlight in December. In 2018, we had over 20 families swim and make crafts with Santa!

Our Y also hosts various “in-house” events throughout the year, for our Facility and Program Members including an Ice Cream Social, Nutrition Seminars, and more!
HERE FOR YOU

BY THE NUMBERS

54
the amount of hours each child participated in our Healthy U physical activity program through our Before & After School Program

6,615
the amount of hours campers read throughout the 10 weeks of summer camp

$65,000
the amount spent on renovating the Stanker and Galetto Family Free Weight Room, including new floor, paint, lighting, and equipment

$43,000
the amount spent on upgrades in our Kontes Pool area, including LED lighting, extensive cleaning, and a new pool filter medium

TESTIMONIALS

Swim Lessons:
“My child went from nervous to completely excited during his class. I want to thank the instructors and staff that made his experience such an enjoyable one.”

Youth Sports
“The coaches are great with the children and make the games & practices fun.”

Group Exercise
“The instructors are very knowledgeable and well-prepared and are always willing to help. Wish I had joined sooner. Thanks.”

Before and After School
“My child really enjoys spending time with her friends in the program. She is always actively engaged in an activity when I come to pick her up.”
YOUR PERSONAL LEGACY

THE CUMBERLAND CAPE ATLANTIC HERITAGE CLUB

Robert Anson
Catherine Arpino
Walter & Adele Bakovsky
John Barretta
Dominic & Gerry Barsotti
Dorothy Barth
Marian Baugher
Charles Benvenuti
Dr. & Mrs. David Blom
Charles & Joanne Bramble
Scott L Brown
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Muriel Buglio
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Luigi & Josephine Tramontana, Sr.
Agnes Trummer
Charles Valentine
Mr. & Mrs. Thomas Wallace
Christine Ward-Garrison

The YMCA celebrates our Heritage Club members, a very special group of people who have chosen to have a lasting impact on the Cumberland Cape Atlantic YMCA by generously making or planning future gifts to the YMCA’s Endowment Foundation.

Individuals and couples who make a gift to the Endowment Fund ensure the future of the Cumberland Cape Atlantic YMCA/YMCA of Vineland through valuable life-changing programs and services. These will continue to serve future generations, thanks to the Heritage Club donors vision and commitment to the Y. These gifts build long-term financial stability for our Y.

With your commitment to the Heritage Club we create a promising tomorrow for kids, families and our community: so the good you do lives on forever. Stop by our lobby to see our recognition plaque to all those who have donated to the Endowment Fund. For more information, contact George Steinbronn, Jr. at 856-691-0030 ext. 105.
OUR ANNUAL GIVING DONORS

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($2,500.00 and Above)
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($1.00 to $124.00)
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Berco Fleet Services
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Beverly Tarquinio

Acknowledgments

Our annual giving donors: Edward Johnstone Society ($2,500.00 and Above), Chairman’s Roundtable ($1,000.00 to $2,499.00), Benefactor of Youth ($750.00 to $999.00), Sponsor of Youth ($500.00 to $749.00), Century Club ($125.00 to $249.00), and Patron Of Youth ($250.00-$499.00) and Friends of the YMCA ($1.00 to $124.00).