



PROMISES KEPT

TRENTON YMCA

2016 Annual Report



YMCA OF TRENTON – SERVING TRENTON, EWING AND LAWRENCE

KEEPING OUR PROMISE

As a new Chief Executive Officer at the Trenton YMCA in 2011, I was excited to be part of such a great organization and community. The opportunity to impact our youth, adults and seniors by building an environment and culture that would support a healthier community was very energizing to me.

From the very beginning of my tenure as the CEO, there was a realization that the organization was offering needed programs and

services, but the physical infrastructure was in great need of repairs and limiting in its usability. The Y promised its members and community that it would make improvements and ensure that there was access to quality facilities in the City of Trenton, as there had been in days past when located on East State Street.

In early 2015 we were offered a great opportunity from our community partner Wells Fargo to expand the Y's footprint. The shopping center

"The rates available through the Trenton YMCA are a fraction of other communities in order to meet the financial needs of those who need us most."

– Samuel T. Frisby
Chief Executive Officer



Keeping Our Promise (continued)

branch that Wells Fargo closed in 2011 had been dormant since that point. Working in partnership with Wells Fargo we had a vision of how to improve the space and create greater community benefit. Because of this partnership, we officially cut the ribbon on 4,000 square feet of new space located at 359 Pennington Ave. This space now houses our C-suite offices, the County's largest dance academy, group exercise space and provides meeting space for the community.

As we completed renovating the space at 359 Pennington Avenue, the Y purchased the land separating the 431 Pennington Avenue site and the 359 Pennington Avenue site for future expansion of its parking lot from 32 cars to 82 cars. June 19, 2015 the Trenton Y began renovating the main building at 431 Pennington Avenue. The input from members and the community was invaluable in developing a plan that would allow the Y to be of more impactful service. We listened to the feedback from our members and community and took steps

"This collaboration between Wells Fargo and the Trenton YMCA is what happens when we dare to think outside the box."

– Brenda Ross-Dulan
Wells Fargo, Southern NJ
Region President



Keeping Our Promise (continued)

to replace the basketball court, provide new locker rooms and showers, relocate and update the space for our Pre-School children. Totally redesigning the buildings layout including the location of the front door with respect to the parking lot has impacted the organizations functionality in a positive way.

We kept our promise to you and have provided the Trenton, Ewing and Lawrence communities

with an amazing new facility in a building that was built in 1940 as a supermarket. The board of trustees and I are committed to making a meaningful difference in the community. We want to improve the quality of life and help the community to live a healthy lifestyle while providing an alternative for our youth on after-school safe havens.

The expansion to 359 Pennington Avenue allows the YMCA of Trenton to remain in line with the mission and core values of the Y while offering new opportunities to be a resource to the community.





The objective of this new space is to allow the YMCA of Trenton to host programs that will benefit the community in areas such as:

- Morning fitness classes for our seniors
- Dance Academy
- Adults with severe weight challenges
- Health classes for cancer survivors and diabetes prevention
- Martial Arts classes and youth fitness

AT A GLANCE: TRENTON YMCA, 2016

The Trenton YMCA is an organization with a long standing history in the Mercer County area. Founded in 1856, this Y was one of the very first in the United States of America, considering that YMCA's did not come to the USA until 1850. The very first professional basketball game was played at the YMCA in Trenton; our history has been proud and strong, but our future is even stronger.

Our organization stands on the foundation of Y-USA, our national organization which is 21 million strong and has more than 2,600 Y associations nationwide. With the assistance of this network we will continue to build stronger programs, engage more volunteers and strengthen the connections of the communities we serve in Trenton, Ewing and Lawrence. This Y is more than memberships; we are building healthy and strong relationships one person at a time.



“We are excited to expand and have the opportunity to collaborate with Wells Fargo on this space. The members of our community will greatly benefit from the programs and services that will be offered in this new location.”

– Samuel T. Frisby
Chief Executive Officer

YOUTH DEVELOPMENT

- Afterschool 2016-17 School Age 65 participants
- Preschool 2015-16 – 60 participants – 16 Wrap-Around participants
- Offering Before School – 9 Sites (5 Charter/4 Public)

New Programs

- Community Dance Academy- 250 participants
- Instructional Basketball Program – 80 participants
- NJTL Tennis Program for Preschoolers
- Martial Arts
- Instructional Dance
- Managing Partner of The First Tee of Greater Trenton

HEALTHY LIVING

- Health & Fitness –Silver Sneakers Trenton, Lawrence, Hamilton Grove – 115 participants
- NJ Partnership for Healthy Kids
- West African Dance and Senior Tap Class
- Abs Galore, Butt & More, Boot Camp and Hot Hula
- Gentle Yoga for Seniors
- Health Screenings for Seniors
- Medicare & Clover Insurance Seminars

SOCIAL RESPONSIBILITY

- Host of Urban Mental Health Alliance Conference (October 2016)
- District Wellness Council
- Downtown Bike/Wellness Loop
- Capital City Impact Team (CCI)



The expansion to 359 Pennington Ave. allows us to remain in line with the mission and core values of the Y while offering new resources to the community. The collaboration has allowed us to convert this space into a Health/Wellness and Community Space.

BOARD OF DIRECTORS

Chair: Daniel Brenna
 Vice Chair: Michael Donahue, Esq.
 Treasurer: Warren Broudy
 Secretary: Peter Toft

BOARD OF TRUSTEES

Gene Bouie
 Daniel R. Brenna, Jr.
 Warren Broudy
 Anthony Carabelli
 Betty Coles
 Michael Donahue, Esq.
 Jeff Hall
 Frank Marchetti
 Jonathan Meer
 Pamela Pruitt
 Sab Russo
 Peter Toft



The YMCA of Trenton is one of the region's leaders in convening the community around issues of health and chronic disease through partnerships with the Robert Wood Johnson Foundation, Novo Nordisk and many other government and corporate partners.

MARKETING & PUBLIC RELATIONS

Meg Carsky-Wilson, Chair

Daniel Brenna

Caitie Caroleo

Eleanor Kubacki

Jody Lebbing

Cindy Manzo

Sab Russo

VOLUNTEER COMMITTEES

Executive Committee

Daniel Brenna, Chair

Michael Donahue, Esq.

Jonathan Meer

Finance Committee

Warren Broudy, Chair

Daniel Brenna

Peter Toft

Fundraising Committee

Jonathan Meer, Chair

Daniel Brenna

Betty Coles

Michael Donahue, Esq.

Frank Marchetti

Programming/Community

Gene Bouie

Brennan Coughlin

Samuel T. Frisby

THANK YOU TO OUR 2016 DONORS AND CORPORATE SPONSORS

Donations

Ajax Management | \$5,000
Amboy Bank | \$1,000
Betty Coles | \$300
Brian Hughes | \$300
Bunbury | \$20,000
Capital Health | \$2,800
CFG | \$5,400
Christine's Hope for Kids | \$7,500
Church & Dwight Employee Giving Fund | \$5,000
City of Trenton - CDBG | \$34,000
Coleman | \$500
Credit Union of New Jersey | \$1,300
Credit Union of NJ | \$300
First Bank | \$4,250
Frank Marchetti | \$300
Freeholder John Cimino | \$300
Friedman LLP | \$300
GF Princeton | \$1,000
Glassboro Lumber | \$1,000
Gottesman | \$2,500
Investors Bank | \$10,000
Janssen Pharmaceuticals | \$5,000
Jonathan & Elyse Meer | \$1,400
Joshua Zinder Architecture & Design | \$1,000
Keystone Fire Protection | \$500
Laurenti Family Charitable Trust | \$500
McMamimon Scotland | \$600
Mercer Oak Realty | \$2,100
MIDJersey Chamber of Commerce | \$150
Nexus Properties | \$2,500

NJ Health Institute | \$50,000
NJ Partnership for Healthy Kids | \$202,376
NJM | \$3,600
Nottingham Insurance | \$3,600
Novo Nordisk | \$56,000
Performance Spine & Sports Medicine | \$2,500
Peruzzi Auto | \$300
Plumbers & Pipefitters - Local 9 | \$300
PNC Bank | \$15,000
Positive Solutions | \$1,000
Princeton Area Community Foundation | \$50,000
Prior Nami | \$500
Rider University | \$1,100
Rockefeller Group | \$1,000
Ross Feller Casey, LLP | \$1,000
RWJ University Hospital | \$1,000
Ryan Kennedy | \$300
Scozzari | \$300
Shechtman Marks Devor PC | \$250
St. Francis Medical Center | \$4,250
Stark & Stark | \$4,250
The Mercadien Group | \$1,000
The Mercadien Group | \$1,000
Thomas Edison College | \$2,800
Tim Rosenblum | \$1,000
Trenton Kiwanis | \$4,000
Universal Supply | \$499
Wells Fargo | \$12,500

Total | \$538,225

In-Kind Donations

Bai | \$1,000
Trenton Times | \$5,000
WPST / Nassau Broadcasting | \$5,000
Electrical Contractor | \$15,000

Total | \$26,000

The YMCA of Trenton is an organization with a long standing history in the Mercer County area. Founded in 1856, the YMCA of Trenton was one of the very first in the United States of America, considering that YMCA's did not come to the USA until 1850.

The very first professional basketball game was played at the YMCA in Trenton; our history has been proud and strong, but our future is even stronger.

431 Pennington Ave.
359 Pennington Ave.
Trenton , NJ 08618
609.599.9622
www.trentonymca.org



YMCA of Trenton – Serving Trenton, Ewing and Lawrence