



# Going Far TOGETHER

## CAPITAL AREA YMCA 2019 ANNUAL REPORT

July 1, 2018 – June 30, 2019

Serving Ewing, Lawrence and Trenton

# CEO Message

## Going Far Together

*"Alone, we can do so little. Together, we can do so much." Helen Keller*

These words ring true for the Capital Area YMCA as we celebrate the progress and accomplishments that we have achieved this year. We have a lot to be thankful for and we are humbled and grateful for the dedication we see from our members, donors, Board of Directors, volunteers, community organizations and staff.

I think it goes without saying that it is important for us to move quickly, but even more important to **go** the distance, All working together to go further.

As I look back, I am very pleased with the progress our YMCA has made these past few years. We have intentionally focused on staff development, strategic alignment, operational improvements, and mission education. I believe we have been laying the ground work to best serve our community through an ever changing climate, all while keeping our focus on nurturing the potential of every child and teen, improving our community's health and well-being and fostering a sense of social responsibility, we're working together to build a better us.

As the needs of our community evolve so do the services at the Capital Area YMCA. We appreciate that everyone sees through a different lens and therefore we strive to be kind and compassionate. In today's world, it is important to uphold those values.

We are committed to our YMCA being a corner of the world where kindness and compassion live. I know our staff is prepared to continue to build upon the hard work we have started and to increase our reach, impact and significance in our community. We will continue to work diligently to help provide solutions to our community's health need, to improve spirit, mind, and body for all.

The YMCA is more than just a building, it is a movement and one we are proud to be a part of it. Join us, together we are so much more!

Yours in Mission,

**Samuel T. Frisby, Sr.**  
Chief Executive Officer



### Guiding Values

#### **Trustworthiness:**

This is demonstrated by keeping promises and honoring commitments.

**Respect:** Respect is demonstrated by treating each other in a courteous and polite manner, and valuing each other's point of view.

#### **Responsibility:**

Accepting the consequences of our choices, not only for what is done, but also for what is left undone.

**Fairness:** This is achieved by being open-minded, impartial and just in dealing with others.

**Caring:** Be Kind and Considerate.

**Citizenship:** Citizenship is demonstrated by making things better by volunteering in the community.

**TOGETHER WE CAN DO SO MUCH MORE!**

**THANK YOU TO OUR DONORS AND OUR CORPORATE SPONSORS**

Novo Nordisk I \$67,500.00

County of Mercer NJ I \$50,100.00

City Green Inc. I \$28,376.00

YMCA of the USA I \$25,000.00

Anonymous I \$15,000.00

AT&T I \$15,000.00

Community Foundation of New Jersey I \$15,000.00

NJ Manufacturers Insurance Company I \$11,500.00

New Jersey YMCA State Alliance Inc. I \$10,150.00

Family Health Initiatives I \$10,000.00

Church &. Dwight Employee Giving Fund I \$7,300.00

Christine's Hope for Kids Foundation I \$5,500.00

PNC Financial Services I \$5,500.00

323 SBS Fund. INC. I \$5,000.00

Aetna Inc. I \$5,000.00

Ajax Management I \$5,000.00

Center for Family Guidance, P.C. I \$5,000.00

Janssen Pharmaceuticals I \$5,000.00

Trenton Civil Circus Project Inc. I \$5,000.00

Transformation Church I \$4,200.00

Nottingham Insurance I \$3,900.00

Investors Bank I \$3,500.00

The Shepherd Foundation I \$3,000.00

Wells Fargo Bank, N.A. I \$3,000.00

Urban Promise Trenton Inc. I \$2,950.00

Stark & Stark I \$2,750.00

Capital Health System I \$2,700.00

CBIZ I \$2,500.00

Kiwanis Club of Trenton NJ I \$2,500.00

Nexus Management LLC. I \$2,500.00

Roma Bank Community Foundation, Inc. I \$2,500.00

Mountain Development I \$2,200.00

Mercer Oak Realty LLC I \$2,100.00

United Way of Mercer County I \$2,024.00

Smart Performances Inc. DBA/Bushwackers I \$1,575.00

Trenton African American Firefighters Assoc. I \$1,500.00

Horizon Blue Cross Blue Shield Horizon I \$1,400.00

Metro Race Forum I \$1,288.10

Robert Wood Johnson Foundation I \$1,114.00

Burton Trent Public Affairs I \$1,100.00

The College of New Jersey I \$1,100.00

Amboy Bank I \$1,000.00

Campus Town Ed Assoc. Inc. I \$1,000.00

GF Princeton I \$1,000.00

Hibbert Company I \$1,000.00

Horizon NJ Health I \$1,000.00

Joe Kohr M.D.E.E. Engineer/Builder I \$1,000.00

Langan Engineering I \$1,000.00

The Laurenti Family Charitable I \$1,000.00

Trenton Superior Officers Association I \$1,000.00

Waste Management Waste Management I \$1,000.00

Wawa Foundation I \$1,000.00

Mill Hill Child & Family Development Corp. I \$725.00

Bank of America Employee Giving Campaign I \$600.00

Ryan's Commercial Maintenance I \$600.00

Trenton NJ Firemen Federal Credit Union I \$600.00

Delta Upsilon Chapter/Omega Psi Phi I \$500.00

Glassboro Lumber Co. INC. I \$500.00

Matthew Halayus I \$500.00

Munich RE I \$500.00

Prior Nami I \$500.00

Sarita Wilson I \$500.00

Standard Insurance I \$500.00

Trish Long I \$450.00

Erin Jo Riley I \$370.00

M Kit Riley I \$370.00

Goodman Michael I \$350.00

Frank Fiumefreddo I \$300.00

Mercadien Foundation, Inc. I \$285.00

Bristol Myers Squibb I \$250.00

Richard Ludwig I \$250.00

John Durrant I \$240.00

Trenton Housing Authority I \$231.50

Rose Vinch I \$200.00

Children's Home Society of N.J. I \$100.00

Dana O'Donnell I \$100.00

Elenora Frederick I \$100.00

Fellowship Capital City Inc. I \$100.00

Junior Metro Golf, Inc. I \$100.00

Renee Davison I \$100.00

Riverside day Health Program I \$100.00

Spencer Savings Bank I \$100.00

Tracy Thompson I \$100.00

**THANK YOU SO VERY MUCH!**

***Contributions***

*Giving is not just about making a donation, it's about making a difference.*



# **Sharing Time, Talent and Treasure**

## **2019 Capital Area YMCA – Board of Trustees’**

The YMCA is a volunteer-led organization. Our Board of Trustees’ are community leaders who generously donate their time and expertise by establishing operating policies, providing planning and strategic direction, and helping to secure the resources we need to promote change in the community and advance the Capital Area YMCA’s mission.

Our board firmly believes that the Y plays a vital role in shaping children, supporting families, and providing people of all ages and abilities in our community with programs that can help them realize their full potential.

**Daniel R. Brenna Jr, Chief Volunteer Officer**  
Ajax Management

**Jonathan Meer**  
Monmouth University

**Michael Donahue, Vice Chair**  
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**Gene Bouie**  
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**Tracy Thompson, Esq.**  
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Stark & Stark

**Gary Gray**  
Merrill Lynch

**Pamela Pruitt, Ed. D.**  
Rider University

**Tracy Ross**  
Shiloh Baptist Church

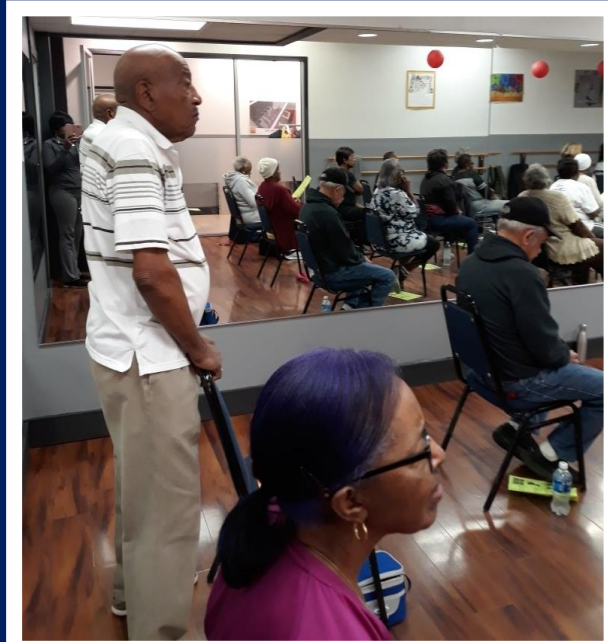


# ***LEADERSHIP IN ACTION***

# SENIOR PROGRAMS

## SILVERSNEAKERS MEMBERSHIP

SilverSneakers® is a preventative exercise program that enhances the quality of life for mature adults across the country. One of the largest senior-focused exercise programs in the United States, this partnership between HCD and HMOs allows Medicare-eligible members of these health plans to participate in YMCA programs at no additional cost.



# FOOD ACCESS

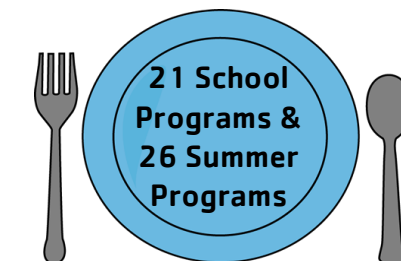
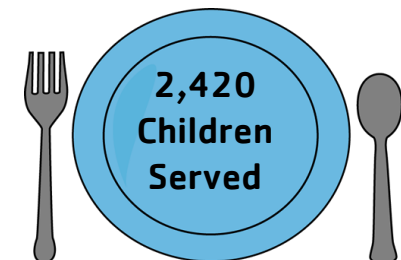
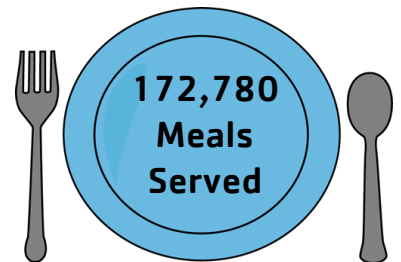
## Healthy Meals for Kids

### What a Difference a Meal Makes

At the Capital Area YMCA, we're all about providing healthy meals for kids. Trenton children and youth are able to enjoy nutritious snacks, and a hot dinner. We are currently serving 2,420 children at 21 school programs and 26 summer programs! The Y offers different menus for its different sites, often tailoring food selections to pair with an area's ethnic composition. The complimentary meals are offered to children and youth ages 18 and under.

As part of our focus on youth development, healthy living and social responsibility, the Y is committed to keeping children nourished all year long.

CACFP/SFSP- Healthy Meals for Kids





# GREENWOOD AVENUE FARMERS MARKET



The Greenwood Ave. Farmers Market (GAFM) is a vibrant urban market celebrating its fifth year of operation in Trenton. The market is a product of policy and environmental work done by the New Jersey Partnership for Healthy Kids-Trenton (NJPHK-T), which was funded by The Robert Wood Johnson Foundation. The Capital Area YMCA has been the operational arm of the market throughout its five years of existence, supported by the New Jersey YMCA State Alliance.



# HEALTH AND FITNESS

## Group Exercise

The Capital Area YMCA offers group exercise fitness classes led by certified fitness instructors that will help increase cardiovascular strength and endurance, improve flexibility, tone muscle, reduce stress and burn calories. Each class routine varies in order to reduce predictably and keep our members motivated. These classes are fun, power packed, easy to follow and suitable for a variety of fitness levels. In the supportive environment of group exercise class, your classmates and instructors will inspire you to go the extra mile!

During the year, our classes run 5-6 days; that's over 200 Fitness Classes during the year. With your membership, you can take classes such as Spin, Xtreme Cardio, Vinyasa Yoga, Zumba, Gentle Yoga, Line Dancing and many more.

## Fitness Center

Get your heart pumping with our cardiovascular equipment including treadmills, ellipticals, bikes, and rowing machines. Build muscle and endurance with our strength training and circuit equipment.





# COMMUNITY DANCE ACADEMY



The Community Dance Academy at the Capital Area Y is a creative arts program that is an excellent opportunity for youth, teens, adults and families to gain exposure to a significant aspect of our culture. Through the arts, participants experience activities that foster self-expression and build self-esteem, develop imagination, critical thinking and valuable social skills. The goal of our Dance Academy is to help students learn proper technique while developing a love for expressing themselves through dance.

The Community Dance Academy offers beginner, intermediate and advanced classes in:

**Ballet Tap Hip Hop Modern**

**Recital Performances are held at the end of dance season in June.**



# Récltal

*Performance*

“When we say the Y builds  
“strong families,” it’s not just  
a slogan. It’s a tradition, a  
daily fact of life and a point of  
great pride.”

119 Afterschool Students in  
Trenton

66 Preschoolers with 35 in  
before and aftercare

277 Campers

122 Dancers

47 Lacrosse Participants

38 Martial Arts Participants

46 swimmers and over 300  
lessons learned.

62 Basketball Participants

221 New Members with over  
1,000 people using the facility  
each year.

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## Programs and Participation

**Summer Camp:** Children who attend YMCA Camps gain more than just new friends and great memories; they develop skills and values that last a lifetime. Day campers spend their days swimming, overcoming challenges and accomplishing goals in a safe and fun environment.

**Programs:** Summer Day Camp in Trenton and Rider University

**Serving:** Pre-School Children and School-Age Children

**Child Care:** The Capital Area YMCA has been providing working parents with affordable, quality child care options. Our experienced staff is dedicated to meeting the physical, emotional and intellectual needs of children in a structured and nurturing environment.

**Programs:** After School, Before School, School Holidays, Summer Camp

**Serving:** Preschool Children and School-Age Children

**Food Access Programs:** After School Program: Dinner and Snack Summer Program: Breakfast, Lunch, Snack and Dinner Available

Delicious hot and cold menu items - All meals are USDA approved

**Feeding the spirit, mind, and body – let’s end child hunger together.**

**Greenwood Avenue Farmers Market:** We’re a one-of-a-kind market that’s proud to provide Trenton, NJ with a welcoming atmosphere that hopes to improve the health and well-being of the community through fresh food access, nutrition education, and economic development by supporting New Jersey local farmers, and small local businesses!

**Health & Fitness:** Health and Fitness Programs should reach out to people of all ages and abilities, giving them opportunities to live healthier more productive lives. Our emphasis is one of prevention, wellness, and fun, with our philosophy organized around the principle that there is a oneness of spirit, mind, and body.

**Community Dance Academy:** The Community Dance Academy at the Capital Area Y is a creative arts program that is an excellent opportunity for youth, teens, adults and families to gain exposure to a significant aspect of our culture. Through the arts, participants experience activities that foster self-expression and build self-esteem, develop imagination, critical thinking and valuable social skills. The goal of our Dance Academy is to help students learn proper technique while developing a love for expressing themselves through dance. The Community Dance Academy offers beginner, intermediate and advanced classes.

**Programs:** Ballet, Tap, Hip-Hop, Modern

**Enrichment & Programs:** Our Programs at the YMCA have been established for the purpose of enhancing the educational and social experience of the youth attending.

**Programs:** Martial Arts, Lacrosse, Rowing, Basketball, Summer Enrichment and School Year Enrichment



# SUMMER CAMP

"The Many Faces of Happy People"



## YMCA AFTER SCHOOL PROGRAMS





# THIS IS WHY WE ARE HERE OUR RECITAL

122 STARS  
OVER 900 ATTENDEES

**MAKING FUTURES  
BRIGHTER**





EVENTS



# Going Far Together

**CAPITAL AREA YMCA**

431 and 359 Pennington Avenue, Trenton, NJ 08618

(609) 599-9622

[www.capitalymca.org](http://www.capitalymca.org)

