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Executive Club

The Executive Club, founded in 1961, is an organization of civic and business leaders who share a commitment to the YMCA's mission. The men and women of the Executive Club meet annually to host a featured speaker and share in an evening of fellowship and dialogue about issues of the day, while raising much-needed funds for YMCA programs that serve youth and their families.

In May 2009, Juan Williams, author, journalist and political analyst with NPR and Fox News, was the featured speaker at the 48th annual Executive Club dinner. Pictured with Mr. Williams is Millard M. Riggs, Jr., Chairman of the Executive Club.



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KaBOOM! Playground Build Day

On Saturday, September 26, 2009, more than 300 volunteers constructed a playground on the YM/YW field in just one day. Our thanks to the following donors who supported the project with a financial contribution:

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PRINCETON FAMILY
YMCA



2009 Donor Report

Dear Friends,

The YMCA is a charity. We are cause-driven. Being cause-driven means that we tackle some of the most important issues in our communities – the prevention of chronic disease and promotion of lifestyle health, the development of young people, and the strengthening of family bonds. We also provide opportunities to serve and engage each other. The connection between our purpose and our people is what we are about.

The YMCA organization is committed. We are determined. We budget, hire, allocate resources and engage with our families, schools, partner organizations and neighborhoods for the benefit of our community. The YMCA is here for a reason. Our childcare programs are here for a reason. Our aquatics programs are here for a reason. Even our fitness equipment is here, for a reason. The reason is a cause. Physically active people are likely to stay healthier, to model healthy habits for youth, to bring energy to things that matter. When we connect and support people in lifestyle health, we stem the tide of a nationwide health crisis.

Program by program, partnership by partnership, campaign by campaign we are a force for good because we strengthen the foundational elements that make our community vibrant. When you know who you are and what you stand for – your purpose, your values, you know how to take action to accomplish the necessary outcomes. The Princeton Family YMCA is moving forward, and I am extremely proud to be a part of it. Thank you for taking a few minutes to review this report. I'm confident you will agree that great things are in store for our community as a result the Princeton Family YMCA's efforts to make a difference in our lives.

David C. Sandahl
Chairman
Board of Directors



David C. Sandahl

The YMCA Today

The YMCA is a powerful association of men, women, and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community.

With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the YMCA ensures that every individual have access to the essentials needed to learn, grow, and thrive. Anchored in more than 10,000 neighborhoods around the country, the YMCA has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

Though the world may be unpredictable, one thing remains certain – the YMCA is, and always will be, dedicated to building healthy, confident, secure, and connected children, families, and communities.

Youth Development

According to the Robert Wood Johnson Foundation, during the past four decades, obesity rates have soared among all age groups, increasing more than four-fold among children ages 6 to 11. Today, nearly a third of children and adolescents are overweight or obese. That's more than 23 million kids and teenagers. Preventing obesity during childhood is critical, because habits that last into adulthood frequently are formed during youth. Research shows that an obese older teenager has up to an 80 percent chance of becoming an obese adult. The YMCAs' "Fit by Five" initiative is one of the ways that the Princeton Family YMCA is responding to the crisis. YMCA staff travel to partnering preschools in the Princeton region, teaching fundamental lessons in nutrition and healthy eating, as well as non-competitive games designed to get all kids participating. Since last year, the YMCA has impacted more than 300 children, ages 3 to 12, in afterschool, preschool and other programs designed to reverse the obesity epidemic, funded in part by grants from the Robert Wood Johnson Foundation and the Horizon Foundation of New Jersey.



While childhood obesity rates are considerably higher among the general population, children from certain racial and ethnic communities have been disproportionately affected. Latino children and adolescents are at a greater risk of overweight and obesity than their white or African-American peers, and Hispanic children are more likely to develop diabetes than other children. Partnering with the Princeton HealthCare System's Outpatient Clinic, the Princeton Family YMCA piloted an eight-week program on Saturday mornings to teach and promote healthy habits among local Latino families and their children. As a result of the overwhelmingly positive response, planning is underway to expand the program to become a year-around effort and include activities such as soccer and other youth sports.

Healthy Living

Since their founding, YMCAs have offered programs that enable individuals to strengthen their spiritual, mental and physical well-being. Today, the YMCA is redefining itself to support Americans of all ages and abilities to achieve and maintain well-being of spirit, mind and body.



The Princeton Family YMCA is an active member of the *Activate America* initiative, the YMCAs' response to the nation's growing health crisis. Our aim is to motivate health seekers to make positive changes in their pursuit of well-being, and help sustain individuals to achieve their goals. Our board of directors and other volunteers continue their work to upgrade the YMCAs' wellness facilities; we know that a welcoming, open-plan environment is critical to strengthening relationships and promoting meaningful connections among members – a critical component to lasting behavioral changes for a healthier lifestyle.

"Vitality in Motion" ("VIM" for short) is a popular group exercise class that had its start decades ago with the YWCA Princeton. As a result of productive discussions to reduce competition between the YWCA and YMCA organizations, this class, with its loyal following, transitioned to the YMCA along with the YWCA's other fitness programs in September 2009. Participants in the VIM class demonstrate that wellness is truly a lifelong commitment – and prove the theory that a supportive environment is critical to sustaining healthy choices. Instructor Virginia Soltis says that "Here we are a family. If one member doesn't show to class, we notice." And when asked why she values the class, Martha Strunsky of Princeton shares, "Because it is good for us. It helps our minds as well as our bodies. It keeps the machine working as long as it can!" The VIM regulars are the very embodiment of the YMCA's mission, with regular visits that keep them fit and healthy, and connected to people who care for one another.

Strengthening Families

YMCAs help families build stronger bonds, create time to be together and become more engaged with their communities. The people of the Princeton Family YMCA – staff, members, and volunteers – nurture and empower families by offering a place in which parents and children can find support, understanding, and meaningful personal connection. Whether its providing financial assistance for childcare to a family in need, or giving extra attention to a youngster overcoming a fear of trying something new, the YMCA is a place to build trusting bonds that make families and communities stronger.



Melecca Garvin is a single mother of three who considers the people of the Princeton Family YMCA an extension of her own family. Melecca's children are YMCA "regulars" – her son Romel, age 5, has benefited from the Child Development Center and her son Michael, age 7, participates in summer day camp programs. Her eldest, 18-year-old Kenny, a sophomore at Middlesex Community College, is a young leader at the YMCA; he coaches youth sports and is a popular camp counselor in the summers.

Melecca is grateful for the support she receives from the YMCA – financial and otherwise. "The considerations that my family has received from the YMCA have humbled me," she said. "They have shown us that people do care and that they want to help in any way they can. I know that each family situation is different, but I can only hope that other families have had the same experience I have had. My future goal is to be able to be a part of the giving that will help another family just as my family was helped.

Princeton Family YMCA Vision

Over the next five years, the Princeton Family YMCA will grow as a 21st Century community-based institution dedicated to:

- The holistic development of children and youth
- Health and wellness for all
- Strengthening families

We will serve greater Princeton with a range of programs and activities offered to meet the evolving needs of our members and our community. We will keep faith with our historic commitment to spirit, mind and body, guided by our core values of caring, honesty, respect and responsibility. We hold to the principle that all should be able to benefit from our services, regardless of their ability to pay.

We will improve our existing facilities, while working collaboratively with neighbors and other stakeholders to plan for the construction of a suitable new building on our current site. We depend on our members, our community, and the philanthropic sector to support our mission in the shared belief that our Association can improve the quality and character of every life we touch.

Princeton Family YMCA Mission

The Princeton Family YMCA is a charitable, not-for-profit community organization dedicated to enriching the spirit, mind and body and improving the quality of life. We create and deliver values-based programs that draw their inspiration from our Judeo-Christian heritage. We serve people of all ages, races and creeds, with an emphasis on families and youth.

We thank the generous donors whose contributions make so much possible.

Contributions received Jan. 1 to Dec. 31, 2009
* Denotes matching gift

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