



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

THE GATEWAY FAMILY YMCA

www.tgfymca.org

DECEMBER 2017

US... IS A POSSIBILITY



THE HOLIDAY SEASON IS A TIME WHERE FAMILIES AND FRIENDS COME TOGETHER FROM NEAR AND FAR TO CELEBRATE TOGETHER.

I cannot help but reflect on the parallels of the collective spirit of the holiday season and our work here at the Y. Every day at the Y, members of the community come together and work side by side to improve their personal health and wellness and impact the greater community. While a new member may enter our doors alone, they quickly find comfort and community in our programs, camaraderie at our welcome center and safety within our walls.

One of the most enjoyable parts of working at The Gateway Family YMCA is the opportunity to interact with so many different members of our community every day. Regardless of where people grew up or what they are doing today, just about everyone has a Y story. *We bring people and communities together to celebrate the rich diversity and values that unite us and make our communities, and our Y, welcoming for all.*

Every day, the Y makes good on our promise and strengthens communities for kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. It is how we help communities and the "us" who are our neighbors in need. We come together in wellness programs to build a supportive community around those struggling with medical diagnoses such as pre-diabetes, arthritis and cancer. We provide care and support to families facing homelessness and hunger, or who have an emergent need for child care or adult social day services. We meet new families and friends while celebrating inclusive events within the community and at our branches, such as Healthy Kids Day and Welcoming Week.

At The Gateway Family YMCA, we have a strong commitment to strengthening our community and we live our mission every day. At our core, the Y is about helping individuals reach their full potential, and giving them opportunities to connect with the community around them, all in service of making us better as individuals, communities and as a nation.

I am so proud of the work we have done in 2017 to bridge the gaps and bring our community together. Our Y was chosen as one of only 30 Y's across the country to participate in the Y Member Experience Learning Cohort, allowing us to become partners in creating a consistent onboarding experience for our members and staff, creating tools and processes that will be utilized at Y's throughout the country for years to come. We completed a Member Experience survey through SEER Analytics, listening to our members and planning for a future direction that is consistent with our member and community needs. We were chosen as the only Y in New Jersey to provide the Power Scholars Academy, a summer program designed to tackle summer learning loss and foster social-emotional growth. We worked together with our fellow Y's in times of crisis to provide support to those affected by natural disasters and we support our members and community in their greatest time of need.

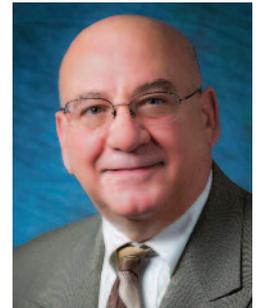
It is important that we continue to provide the connection our community needs and work together to realize that the possibility of "us" is more than just a possibility, but a collective reality each and every day at our Y. This year, with your support, the Y was able to strengthen our community and help the "us" who live here achieve our individual and collective promise, realize our incredible possibilities and find the power of our full potential.

WE COULDN'T HAVE DONE IT WITHOUT YOU, BECAUSE YOU ARE THE STORY OF "US".

As we move into the New Year my sincerest hope and wish is for collective health, hope and the ability to bring about the possibility of "Us". May the holiday spirit be with you and your family today and throughout 2018.



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A GREATER IMPACT

"To see that smile on my mom's face, when I pick her up from the Y. It's everything to me."

Kevin Wyatt shared the story of his mother, Lois's participation in the WISE Center YMCA Branch's program in a touching video testimonial. He speaks about the reality of becoming a caregiver for his mother, the support provided by the Y's staff members, participation in the Y's Caregiver Support Group and her engagement in the activities and friendships she has made.

The **W.I.S.E.** (*Wellness, Independence and Socialization for our Elders*) **Adult Social Day Services Program** helps adults maintain their independence and improve their quality of life through programs designed to meet their special needs. Assisted by highly trained staff of social workers, activities specialists, nurses and others specially trained in elder care, members take part in activities that stimulate and enhance their mental, physical and social skills. Caregivers benefit from the respite provided and gain peace of mind through the knowledge that their loved one is in a safe, secure and supportive environment. At the WISE Center YMCA Branch, *we are committed to the idea that each person, despite challenges, can continue to discover, learn, create and flourish.*

"Just to make her day a little brighter every day; I can't ask for more, I'm just truly thankful for the assistance."

We invite you to view their story at <https://youtu.be/9eeMDdEP39k>

POWERFUL LEARNING



The Gateway Family YMCA was chosen as the only Y in New Jersey to participate in a pilot program providing the Power Scholars Academy this past summer. The goal of this program is to increase students' academic success and boost self-confidence while also engaging families in the education process. The summer learning program is designed to address summer learning loss for children in low-income households living in under-resourced area and thereby enhance overall youth development, academic performance and graduation rates in the community.

Through this program, The Gateway Family YMCA provided 137.5 total hours of summer learning for 42 scholars in grades 1-4. They presented an average reading gain of +2.0 months. 91% of teachers reported an improvement in scholars' self-confidence and 96% of parents reported that scholars enjoyed the program.



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MISSION

THE GATEWAY FAMILY YMCA is a community-based organization rooted in Christian principles and committed to building healthy lives through programs that strengthen spirits, minds and bodies for people of all ages, religions and cultures.