



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE CAUSE MEETS COMMUNITY

2022 ANNUAL REPORT
LAKELAND HILLS YMCA

OUR MISSION

Through the tradition of excellence and service, we support our community by providing programs that strengthen a healthy mind, body, and spirit. We are a powerful association joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. We believe that lasting personal and social changes can only come about when we all work together to invest in our kids, our health, and our neighbors. Every day, we work to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow and thrive.

For Youth Development:

Nurturing the potential of every child and teen.

For Healthy Living:

Improving the nation's health and well-being.

For Social Responsibility:

Giving back and providing support to our neighbors.

OUR VISION

A community where every person can thrive.

DIVERSITY, EQUITY, AND INCLUSION

Lakeland Hills Family YMCA comprises people of all ages and from every walk of life working side-by-side to strengthen our communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, sexual orientation, body type/shape, physical and mental well-being, and any other dimensions of diversity has the opportunity to reach their full potential with dignity. This is what we mean when we say we are "FOR ALL."

Our core values are caring, honesty, respect, and responsibility – they guide everything we do.



Dear Members and Friends,

As we reflect on 2022, we are proud of the programs that we have been able to offer our community and the new partnerships that have been created to serve the individuals in our community to strengthen their mind, body, and spirit. The past year has proven that when we come together as a community, we are able to make a difference. I am inspired by our donors, partners, and staff who have risen to the challenges and created the successes of this past year. They have demonstrated resilience, generosity, and a dedication to the communities we serve.

In 2022 working together we were able to:

- Save 1,017 lives through blood drives with our partnership with the American Red Cross.
- Provide 3,000 individuals, including children and adults, with vital water safety and swim lessons.
- To offer physical education classes along with a work-study program to 15 young adults through our partnership with Boonton and Parsippany School Districts individuals with disabilities.
- Taught 129 children in the Marion Mann Roberts Early Childhood Learning Center, providing them the essential skills they need to succeed in school and in life.
- Provided essential Social and Emotional Learning Supports to 225 children in our Kids Club before and after school program.
- Served 50 children in our nationally recognized GRIT 'n Snow Program that combines sports skills (snowboarding) and mental-health support to adolescents.



All of our programs experienced continued growth including summer camp, early education, group fitness, and aquatics. Over 240,000 individuals walked through our doors seeking to make new relationships, develop a sense of belonging, and grow their mind, body, and spirit.

We have also made critical investments in our infrastructure with the renovation of the Kris Joganow Welcome Center, our Pool-Pak installation and ventilation system in our natatorium, along with new technology to better serve our members.

I am deeply grateful to our Board of Governors, donors, and community partners for rising to meet the needs of our community in such remarkable ways. The past year has shown us that we are not only resilient, but that we are on a trajectory for growth to serve our members. I am proud to say that Lakeland Hills Family YMCA has emerged stronger and remains even more committed to serving our Community.

Thank you for inspiring us and for joining us in building a stronger community.

Yours in health,

Alex Martinez

PRESIDENT/ CHIEF EXECUTIVE OFFICER



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe positive early experiences are essential to future success. The values and skills learned early on are vital building blocks. Because of the Y, more young people in our community are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their full potential. Making for confident kids today and contributing and engaged adults tomorrow.



Summer Day Camp had **1,628** campers who enjoyed the great outdoors



Early Childhood Learning Center served over **129** children



Kids Club Before and After School Care provided services to over **225** children



Competitive Swim Team Milestones

In April, Mens Swim Team: Second Place at Short Course YMCA National Championships.

In July, Mens Swim Team: First Place winners at Long Course YMCA National Championships, including two individual men's National Champions.

YOUTH RESILIENCY SERIES

Our Youth Resiliency Series is an ongoing initiative that focuses on meeting children in a space that they find engaging and fun and using those interactions to deliver age-appropriate mental-health education. This included our **Yellow Table Initiative with Mental Health Association of Essex and Morris**, as well as our **Mental Health Superhero 5K**.

GRIT `n Snow Award-Winning Program

Lakeland Hills launched this innovative program which offered an opportunity for local youth to learn to snowboard with snowboarding professionals from Mountain Creek Resort in Vernon, NJ, while receiving appropriate mental-health education in partnership with Mental Health Association of Essex and Morris. Ensuring there would be no impediment to financial ability to participate in the program, 20% of participants received 100% scholarships.

We are thrilled to be the recipient of a national award from National Ski Areas Association (NSAA).

The Mountains Are for Everyone Award

recognizes the ski area or resort group that has made inclusion a priority for guests and/or staff. These events, campaigns or programs should incorporate authentic representation and messaging that make clear that mountains are for everyone. Entries are evaluated on their creativity, problem-solving, the existence of meaningful education and action, and overall effectiveness at making all who wish to participate in snow sports feel welcome.

“The earlier you can intervene, the more important and the more effective the intervention is likely to be. If we wait until small problems become big problems, or until small people become big people, the impact on the individual in our society is much greater.”

-Bob Davidson, CEO of Mental Health

Additionally, we were recognized with the **Morris County Chamber of Commerce Innovation Award for 2023**, citing our GRIT `n Snow program with its inventiveness of transforming the lives of local youth.



HEALTHY LIVING

Improving the communities health and well-being

Being healthy means more than simply being physically active. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside. As a result, youth, adults, and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.



19 participants in the Individuals with Developmental Disabilities Program

63 individuals received personal training in our Health and Fitness Center

Over **80** individuals participated in the Y's Healthy Living Programs (formerly known as Chronic Disease Prevention Programs)

26,542 people attended group fitness classes at the Y

120 adult swim-lesson classes were held

90 water exercise classes were offered



In 2022, there was an increase from an average between **750 – 850** per day during the week that now averages over **1,000+** members daily. The monthly average for member usage was approximately **20,000**. Over **28,000** members utilized the Health and Fitness Center

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

The Y has been responding to the communities most critical social needs for 110 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through services, or preventing chronic disease and building a healthier community, the Y fosters the care and respect that all people need and deserve. Through the YMCA thousands of volunteers, donors, leaders and partners are empowering people to be healthy, confident, connected and secure.



58 Teens received their American Red Cross® Babysitting Certification

Over **3000** community members received water safety services

Monthly average of **200** children were provided Child Watch services (babysitting) while parents exercised

150 classes for our inclusive I-SNAP (Individuals with Special Needs Aquatic Program) were offered

Monthly Blood Drives (American Red Cross®)

- **10** blood drives hosted and collected:
339 pints = 1,017 lives saved

Annual Coat Drive

- Over **500** coats delivered to those in need in conjunction with Market Street Mission

Angel Giving Tree

- **320** gifts donated to Denville Social Services

Flu Shot Clinic (ACME™ Pharmacy of Denville)

- **50** shots administered in 1 clinic

THE POWER OF GIVING

Contributions to Lakeland Hills YMCA support positive, value-based programs for children and families. All donations stay right in our community and help to ensure that everyone can benefit from the many life-enhancing programs at theY. As a volunteer-driven and supported nonprofit organization, we are committed to serve everyone from all walks of life, regardless of their ability to pay. It would be impossible to achieve our mission without the help of our generous donors, sponsors and volunteers.

New Welcome Center

Thanks to overwhelming community support, we were able to enhance access to information, services, and social experiences and in turn, impact the overall mental and physical health of the areas we serve. With the Kris Joganow Welcome Center, we have created a first impression that fosters a sense of community where all are welcome. Our Welcome Center Campaign received over 90 individual gifts, 6 corporate gifts, and 3 foundation gifts to raise over \$172,000.

Annual Golf Outing

In July 2022, our community came together for our Annual Golf Outing and broke fundraising records for the second year in a row! Over 200 people attended the event, including over 100 golfers and sponsorships from 46 different organizations. This incredible event generated over \$225,000 to help our Annual Campaign and ensured that no one gets turned away from the Y for their inability to pay.

Partnerships: Let's work TOGETHER

Thank you to our Annual Partners who have showed up in our community all year long through their 12-Month commitment to our Y. Our Annual Partners engage in unique and customized sponsorships through special events, program initiatives, cross-promotion and more.

Downtown Denville
Mental Health Association of Essex and Morris
Mountain Creek Resort
Peapack-Gladstone Bank
SportsCare
Sunrise Senior Living

Grant Makers

- Columbia Bank Foundation
- Edward C. and Edith B. Parker Charitable Fund
- KPMG Foundation
- New Jersey Child Care Information System
- New Jersey Economic Development Authority
- New Jersey YMCA State Alliance
- Provident Bank Foundation
- The Fortis Foundation
- The Hyde and Watson Foundation



FINANCIAL REPORT

Statement of Activities

December 31, 2022

Revenue

Membership Fees	\$ 1,138,394
Program Fees	\$3,067,593
Grants	\$2,201,866
Contributions	\$ 279,864
Miscellaneous	\$ 705,669

Total Revenue \$7,238,587

Operating Costs

Wages & Benefits	\$3,899,594
Supplies	\$ 282,571
Occupancy	\$ 1,193,623
YMCA of the USA Support	\$ 34,792
Others	\$ 115,855
Depreciation	\$ 185,262

Total Expenses \$ 5,711,687

Increase (Decrease) in Net Assets* \$1,526,900

*Audited as of December 31, 2021

Statement of Financials Position

December 31, 2022

Cash & Short Term Investments	\$ 1,705,176
Prepaid Expenses & Other Assets	\$ 29,014
Land, Building, and Equipment	\$ 801,201
Investments	\$6,450,768

Total Assets \$8,986,159

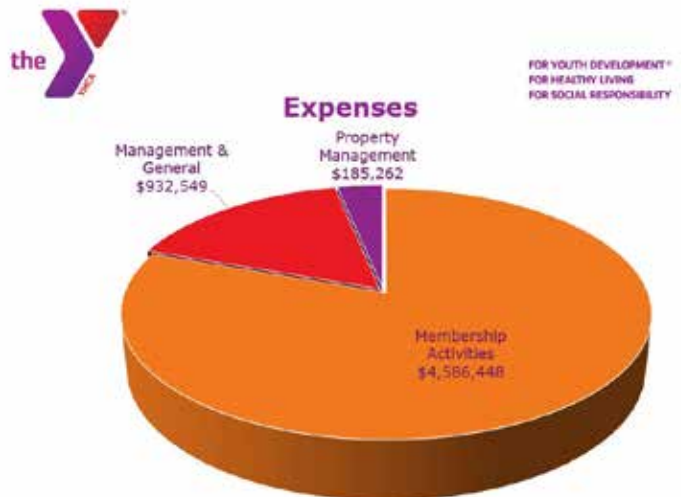
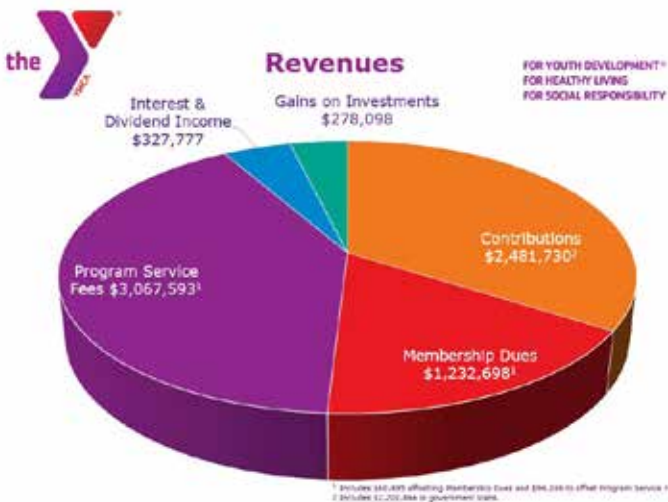
Accounts Payable	\$ 267,492
Designated Activities	\$ 243,204

Total Liabilities \$ 510,696

Net Assets Without Donor	\$ 5,715,780
Restriction Net Assets With Donor	\$ 2,175,802
Restriction	

Total Net Assets \$8,475,463

Total Liabilities & Net Assets \$8,986,159



Need 2022 Financial Info

DONORS

\$10,000+

Alex and Meghan Martinez
Berton Holley Trust
Fred and Julia Radulic
Jay and Mandy Kiely
Jim and Niocy Chambers
Kevin and Christine
Beisswenger
LHY Swim Team
Mike and Neisa Maute
Mountain Creek
New Jersey Child Care
Information System
New Jersey Economic
Development Authority
New Jersey YMCA State
Alliance
Peapack-Gladstone Bank
The Edward C. and Edith B.
Parker Charitable Fund
The Fortis Foundation
The Hyde and Watson
Foundation

\$5,000 to \$9,999

Brian and Cortney Hann
Columbia Bank Foundation
Coughlin Midlige &
Garland LLP
David and Kim Maute
David Gniewek
James and Carolynn Carrazza
Jim and Anne Patracuolla
John and Rose Marie Powers
John and Stacey Bernauer
Katie and Bill McKoy
Kevin and Cory Lynk
Mental Health Association of
Essex and Morris, Inc.
Novartis

Patrick Hession
Provident Bank Foundation
Shannon McCrudden and
Jim Van Splinter
Sunrise Senior Living
Tom and Deanne Pownall

\$2,500 to \$4,999

ACV Auctions
Broadridge Financial Solutions
Carlos Fernandes
Frank Caratzola
Frederic W. Cook & Co., Inc.
Greg and Jamie Pizzano
Jamie Curcio
Joseph Spinella
Linda Glavin
M&T Charitable Foundation
Madison Area YMCA
Michael Morgan
Perry and Stephanie Troisi
Resource Management Group
Saint Clare's Health
Sanford Insurance Group, LLC
SportsCare Physical Therapy
Viktor Joganow

\$1,000 to \$2,499

Alisha Carrazza and Sean
McCrudden
Aniceto and Susan Rivera
Anthony and Karen LaRocco
Bednar Landscape Services
Benjamin Moore Paints
Bill and Laura Olderman
Bob and Susan Elko
Carl and Maureen Blum
Chris Larkin
Chuck Kohaut
Columbia Bank

D&M Auto Body
Dan Russell
David and Diane Fulton
Dean and Pearl Ferdico
Denville PBA
Dick and Bev Van Duyne
Flora Brophy
George Gnad
James and Susan Ferguson
Jane Plaisted
Jeff and Abby Wasserman
John and Mimi Kaplan
Jon Fabbriatore
Joseph Gazdalski
Justin and Bridgid Walsh
Karen and Ivor Macleod
Karen Knowles Terrell
Kim and Todd Terhune
KPMG Foundation
Laura and Mike Chepucavage
Lori Chopoorian
Louis F. and Reberta C. Al-
bright
Foundation
Mark and Shari Hoffman
Melissa and Bob Muilenburg
Michael and Mara Marino
Michael DelMauro
Rich and Dee Cook
Richard and Stacey Barlow
Rob and Meghan Peters
Robert and Erin Plante
Scott Baldassano
Sisters
Steve and Sarah Brown
Steven and Laura Smith
Tammy and Barry Doll
Thatcher McGhee's Irish Pub
The Jastrzab Family
The Merck Foundation
Thomas and Lesley Butler
Thomas Brackin
Thomas Murphy and Bradley

Olson
Titan Energy New England Inc.
Vickie and Bob Peters
William and Joyce Leuchten

\$500 to \$999

Andrew Ferguson
Andy and Cinzia Casiano
Barbara Girz and Bruce Mintz
Brad Muniz
Bristol-Myers Squibb
Foundation
Catherine Porter-Hill
Chiesa Shahinian &
Giantomasi PC
Christine Nagel
David Lotitio
David Quincey
Demetrios and Betsey Lappas
Denise Dunchus
Dr. Agata Brys
Fitness Resource of
New York, LLC
Frank and Cira Giarratano
Gary Marini
Glen Garber
Harold & Joan Endean
James Gallagher
James McCracken
Jesse Cohen
John Cafasso
Judy Bardach
Kaitlin Mckenzie
Kimberly Kostrowski
Laura Flower
Linda and John Mendell
Lori Mantione
Luke Papendick
Mamoun and Susan Hussein
Mark Shearman and
Linda Bohrer
Matthew Lischin

Medtronic
Merch Pros
Michael and
Katherine
Markowitz
Michael Gross
Michael Letterese
Michael Naughton
Mike Colon and
Katie
Burke
Myofactor
Supplements
Nelson Wu
New Pathway
Counseling Inc.
Peter Speer
Randi and Jeff Kaufmann
Rob and Caitlin Ward
Robert and Ann Scorzo
Robert Austin
Takeda Pharmaceuticals
The Cordes Family
The Mansion at Mountain
Lakes
Thomas Dean



WHERE CAUSE MEETS COMMUNITY



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