

RIDGEWOOD YMCA 2011 ANNUAL APPEAL

We believe that lasting personal and social change can only come about when we all work together to invest in kids, our health and our neighbors.

Your donation enables the Y, a charitable, **non-profit 501(c)3 organization** to offer financial assistance programs for those individuals and families that qualify, as well as providing program subsidy for much needed community programs.

In 2010, our Good Works Programs touched the lives of thousands of community members.

Your tax-deductible contribution can help us continue to make a significant difference for those in need. Please make your gift today.



**DONATE ONLINE AT
WWW.RIDGEWOODYMCA.ORG**

Please check with your employer for a matching gift opportunity. Thank you!

SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

Here are a few examples of how your gift can make a difference today:

- \$50** allows a child to gain confidence and self-esteem by participating in a sports, dance or arts class
- \$100** teaches a child to swim and to be water safe
- \$250** provides six months of peer support for 2 children experiencing a painful family divorce
- \$500** matches 5 children with mentors to provide guidance, friendship and encouragement
- \$1000** fosters independence and teaches new skills to 5 children at a week of summer camp
- \$1500** helps 6 cancer patients lessen the effects of their chemotherapy through fitness and exercise
- \$2500** provides 10 seniors on fixed incomes the opportunity for social interaction through annual swim memberships
- \$5000** allows 8 families in need to lead healthier, happier lives with annual memberships at the Y
- \$10,000** allows 4 underprivileged children to discover their full potential at camp for an entire summer

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RIDGEWOOD YMCA
112 Oak Street
Ridgewood, NJ 07450
201.444.5600
www.ridgewoodymca.org

CAMP BERNIE
327 Turkey Top Road
Port Murray, NJ 07865
908.832.5315
www.campbernieymca.org

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A DIFFERENCE TODAY

RIDGEWOOD YMCA

**2011
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Through our Good Works Programs, we address community needs and strive to serve everyone, regardless of ability to pay. Thanks to the generosity and support of community members like yourself, most of these programs are offered at no charge.

Youth Development

- Summer camp and swim program scholarships
- Peer support, mentoring and autistic therapy programs
- Employment for special needs students

Healthy Living

- “Living Strong, Living Well” fitness program for cancer patients and survivors
- “Delay the Disease” exercise program for those struggling with Parkinson’s Disease
- Fellowship and fitness therapy programs for senior citizens and adults with autism

Social Responsibility

- Financial support for YMCA family memberships and programs
- Scholarships for families of deployed military personnel
- Volunteer opportunities for youth and adults

Financial assistance keeps the Y available for kids and families who need us most.

The Ridgewood Y is many different things to many different people. However, we’re ultimately about one thing and that is changing lives for the better. **We are, and always will be, dedicated to building healthy, confident, and connected children, adults, families and communities.**

Please donate today and join our cause.

YOUTH DEVELOPMENT

Bringing my son to the Y every week brings me such joy and happiness; to just see my son happy doing what he loves is the best gift of all. The programs offered have helped my son to develop socially and have also helped him interact with other children on a positive level.

I would just like to say how grateful I am to all the people that have made donations to the Ridgewood YMCA. They have made it possible for my son to take programs in one of the most positive and healthy environments in Bergen County.

Jill, a single mother of a 6 year old boy



HEALTHY LIVING



I am a survivor of pancreatic cancer. Survivor is a word rarely associated with this lethal disease.

Recently, my daughter and I traveled to Scottsdale, Arizona and hiked Pinnacle Peak in the Sonoran Desert. It was a very proud moment when we reached the peak at 2,889 feet.

I never could have accomplished this without the Living Strong, Living Well program and I’d like to thank the Ridgewood Y and all the people who have made this wonderful program available.

Eleanor, Ridgewood Y member

SOCIAL RESPONSIBILITY

The Ridgewood Y has been our haven for many years, keeping us fit and helping us through more than one family crisis.

I now volunteer for the Delay the Disease program and help people struggling with Parkinson’s Disease.

Recently, the wife of a participant I was helping asked me if I could be there for her husband the following week. Of course I would be there.

Terry, Ridgewood Y volunteer



DONATE ONLINE AT WWW.RIDGEWOODYMCA.ORG OR CALL 201.444.5600 ext 320