



Greater Carbondale YMCA

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www.greatercarbondaleymca.org

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GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED.



MAKING A DIFFERENCE IN OUR COMMUNITY 2013 - 2014 Annual Report

CELEBRATING 100 YEARS



CENTURY OF STRENGTH

The Greater Carbondale YMCA was incorporated in May of 1886; originally located on Salem Ave. The current historical Main Street building was commissioned 1912, in the days before World War I, when Catherine and Anna Alexander daughters of a prominent city businessman, donated the first ten thousand dollars to erect the Carbondale YMCA in memory of their parents, Joseph and Christina Alexander. The original YMCA building, still standing at 82 North Main Street, was known as a "railroad YMCA" and opened in 1914. The YMCA's primary use in those days was temporary housing for railroad workers; while the gym, track and pool served local men and boys who enjoyed recreational exercise such as basketball and volleyball. In 1980, an additional gym was added to the facilities.

In 2002, membership was barely at the 500 mark. Facilities and equipment were struggling to keep up with the needs of its members. In 2003, a new Board of Directors began on a path to increase membership and update the equipment. Within three years, membership had tripled. This trend continued and the organization was outgrowing its' buildings. In 2007, the YMCA took on the enormous task of the 21st Century Capital Campaign to expand and renovate the entire campus; costing over \$10 million. This dream was realized with the Grand Opening of fully renovated campus in March 2010.



**We've come
a long way!**



NOTES FROM THE DIRECTORS

The Greater Carbondale YMCA once again showed a fantastic year in 2013-14. Our membership has continued to be strong, and our members are using the facility. We have averaged over 74% retention of our members. (The National average is 50% or slightly less.) I am very proud of the non competitive sports programs we have offered and continue to offer. Our school program is second to none in the upper valley due to our strong leadership with our Child Care Director of 27 years, Mary Pantzar, and the caring, compassionate, knowledgeable Child Care Staff.

If you have not had the opportunity to visit the YMCA, please do so soon. You will enjoy your time with us. *William F. Farber, Jr.* President, Board of Directors



On behalf of the Board of Trustees, I would like to commend the entire staff and volunteers for the exemplary job they are doing at the

HELPING US DO MORE FOR YOU
GRANTS AWARDED FOR 2013-2014
Scranton Area Foundation - \$20,000 – Paddock FreshAIR Evacuator
Blue Ribbon Foundation - \$10,000 – In the Cardiac Direction
Walmart/Y-USA - \$10,000 – Afterschool Meal Program

PRESERVING THE PAST — YMCA HISTORY PROJECT

In 2014, the Greater Carbondale YMCA was one of five YMCAs nationwide to be chosen as a participant in the History Project. The YMCA History Project seeks to uncover barriers preventing Ys from preserving their heritage, devise solutions to empower Ys to preserve their heritage, highlight associations that have a firm grasp of the importance and immediate benefit of history, and synthesize the solutions and best practices into a series of reproducible behaviors and activities. From March 10-13, 2014, Ryan Bean from the Kautz Family YMCA Archives - University of Minnesota Libraries – met with YMCA staff. Being a relatively small association, the interviews quickly exposed a highly collaborative work environment and Ryan was able to offer constructive ideas to help the YMCA preserve their current historical documents and plan for the future.

SECURING A FUTURE — CAPITAL CAMPAIGN KICK OFF

The 21st Century Capital Campaign raised over \$9 million in pledges for the remodeling and renovation of the YMCA. However, several significant pledges were left unfulfilled and the Y was left with a \$1.8 million debt. In March of 2014, the Greater Carbondale YMCA kicked off a limited Capital Campaign in an effort to relieve this financial burden. At this time, the YMCA was able to announce two matching grants. The Weinberg Foundation is reviewing a proposal for \$750,000 to be matched with \$250,000 from the Frieder Foundation and Gentex Corporation. An additional \$270,000 has been pledged through private and corporate sources. We're spreading the good news to all of our friends and advo-



Local firefighters take a tour of the Y to ensure everyone's safety.



RN, Lorrie Williams, gave a "Healthy Habits" talk to a group of Daisy Girl Scouts



Community Education Seminar on Diabetes Education Sponsored by Dr. Lori Williams (second from the left)

INVESTING IN OUR COMMUNITY

As a leading nonprofit partner throughout the country, the Y has the track record and on-the-ground presence to move communities forward, just as we do here in Northeast PA. As a charity, we work every day to address community needs, ensure that all are welcome and that no one is turned away for an inability to pay.

Our collaborative efforts, along with the Mayor and other community groups, continue to make the greater Carbondale area a better place for youth, families, and our city as a whole. We are truly moving forward together.

Y FACTS

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.

People Served	4,673
Financial Assistance and Subsidies	\$157,696
Contributed Income From Community	\$66,836
Contributed Income From Grants	\$116,600
Government Funding That Helps Us Provide Needed	\$319,689



Youth enjoying a free music & poetry writing class.

KEEPING KIDS SAFE

The Greater Carbondale YMCA, in association with the PA State Alliance of YMCAs, has partnered with an organization called Darkness to Light, whose mission is to confront child sexual abuse with courage. The Carbondale YMCA has trained over 90% of its staff and was recognized as a Partner in Prevention. Unlike some other abuse prevention programs that focus on educating children, Stewards of Children focuses on adult training because ultimately, it is the adults responsibility to keep children safe. Our training provides adults with the knowledge to prevent, recognize, and report abuse. The Stewards of Children training is available to any community member or organiza-



DEVELOPING STARS FOR Y STAFF

The Childcare staff of the Y finished their CDA, Child Development Associate program, during the 2013 year. James Wiggins, Annette Lopera, Shannon Snyder, and Mary Fedorchak (shone here with Mary Pantzar, Child Care Director) all completed the course. A Child Development Associate (CDA) credential prepares child care workers to meet the needs of children, parents and adults who care for children. The practical courses provide opportunities to apply theoretical knowledge to planning and presenting curriculum. The Council for Professional Recogni-



Y STAFF TAKE THE PLUNGE FOR SAFETY

This last year has been a big one for the aquatics department. We were able to have Jeremy Popiel and Elizabeth Haley become certified American Red Cross Instructors in Lifeguarding, First Aid, CPR, AED, Emergency Oxygen, Asthma Inhaler, and Epinephrine Pen Injection. With these certifications, we have been able to cross train several staff members of the Y as certified American Red Cross Lifeguards. The aquatic staff has also taught several aquatic safety classes to our child care staff, as well as, local child care and day care centers in an at-



WORLD'S LARGEST SWIM LESSON

To be involved with something this large and to collaborate worldwide with other organizations to enlighten and teach youth the importance of water safety and swim mechanics seemed absolutely incredible! We were one of many aquatic sites that hosted this Guinness World Record event which turned out to be a great success! We had 74 participants, including swimmers and instructors. It was an amazing sight to see everyone working together to help the kids in the community learn to swim AND to be a part of a world record!



(It's official – the 2014 Guinness World Record (GWR) for the World's Largest Swimming Lesson™ is 36,564 participants from 22 countries around the globe. That's AMAZING – 5 years – 5 Guinness World Records and more than 100 million media impressions helping spread the word Swimming Lessons Save Lives™!)

MORE THAN A WORLD RECORD

Jean Yeselavage brought her grandson, Troy (age 5 ½), for the World's Largest Swim lesson. Troy got out of the car dreading the lesson and tried to leave the building because he was afraid. He was crying as they checked in at the front desk but his grandma was committed to trying. Once in the water, Lifeguard/Camp Counselor Josh Pfeifferberger, worked to make Troy comfortable in the water. Because of Josh's attention, by the end of the lesson, Troy was playing under the water mushroom and venturing out to



BRINGING BUSINESSES TOGETHER

The Greater Carbondale Chamber of Commerce together with the Greater Scranton Chamber of Commerce is committed to attracting, sustaining, growing, and fostering the economic vitality of their business members, as well as making sure they have fun! On March 26th the YMCA hosted a combined Chamber mixer. Business members from all over the upper and lower valley mingled, exchanged business cards, sipped healthy smoothies, munched gourmet popcorn and sweet treats, and marveled as they toured the Y's beautiful facility. All in attendance agree that having our businesses working to-



INSTALLATION OF THE PADDOCK FreshAIR SYSTEM

In 2010, the Greater Carbondale YMCA constructed a completely handicapped accessible and family friendly aquatics center. The pool is used by over 1,000 individuals on a weekly basis; including adult and youth aquatics, birthday parties and open swim. Unfortunately, the amount of chemicals needed to maintain proper water condition took a toll on the air quality of the aquatics center. A build-up of chloramines had the potential to cause stinging eyes, nasal and throat irritation, difficulty breathing and skin irritation. Due to a generous grant of \$20,000 from the Scranton Area Foundation, a \$5,000 private donation and \$1,000 from the YMCA Youth Board; the Y was able to remedy the situation and put this funding toward the installation of the Paddock FreshAIR Evacuator. This system was installed in August 2013 and has made a significant difference in air quality in the aquatic center. Members and guests have been able to enjoy



GIVING PRESCHOOLERS A HEAD START

A letter of Congratulations given to our Child Care Department It is my job to offer you me heartiest congratulations on the results of your CLASS observations. SLHDA Head Start scores exceeded *2013 National Grantee -Level Scores* both by Domain and Dimension and, in the Instructional Support Domain, ranked among the highest 10%!

This is indeed a great achievement for each of you because it attests not only to the high quality of your interactions with young children, but also to effectiveness of your work with partner sites. Few programs are able to boast of such extraordinary relationships. It is an honor to be associated with the SLHDA team and to share this joyous moment with all of you. I wish you all the best and further success as you move into the new year. I can't wait to see what's next!

Again, Congratulations!



Teachers: Kateri Race, Teresa Pfeifferberger, Paula Scirone

GROWING OUR LITTLE PEOPLE

Keeping little ones ages 3 to 5 active has always been a goal of the Y. We offer a variety of youth sports to keep them busy, such as, biddy basketball, kickball, indoor soccer, and t-ball. This past year, we added to our range of programs to include younger little ones and their parents. The "How to Train Like a Superhero" program took little ones, who dressed in their superhero costumes, on a variety of missions such as helping the Man on the Moon, saving the Y from "Chaos", finding out who stole the cookie from the cookie jar, assisting the Easter Bunny deliver eggs, and more. Our "PreK Movement & Music" program enticed the children with fun captivating songs combined with yoga and other movements. This helped improve children's' coordination, taught

Super Hero, Mason, flying like Superman.



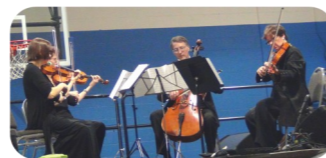
TGIF – THANK GOD IT'S FAMILY

The family that plays together, stays together...right? This year, the YMCA began a new program series called TGIF (Thank God it's Family). The first Friday of every month, families gather at the Y for a themed night of activities, games, and snacks. This program has been a continual success with an average of 50 youth and their families participating each month. TGIF Nights have included Build a Box City, Spy Academy, Knights & Princesses, Doll Tea Party, Dangerous Day for Boys, Harry Potter Night, Star Wars Bash, Pirate Adventures, Ghoul School and Disco Dance Party. We look forward to continuing



FIRST ANNUAL FALL FESTIVAL

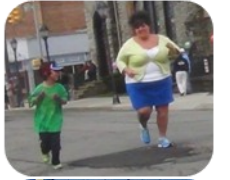
A new tradition has started at the YMCA! Along with an Apple Pie Bake Off, the inaugural Fall Festival featured free concerts, horse-drawn hayrides, pumpkin painting, bounce houses, a scavenger hunt and even the opportunity to toss a pie in the face of well-known community figures like Mayor Justin Taylor. All agreed that the event was a success. Kids and parents from Carbondale and neighboring communities filled the YMCA facilities and parking lot, taking part in a wide range of activities and enjoying meals together in a cool autumn breeze. The phenomenal turnout and participation emphasized that the Upper Valley is a



LACING UP SHOES FOR 20 YEARS

In April, we marked the 20th year of the Fred Ciotti 5K Race/Walk. Runners and walkers of all ages and abilities showed up in record numbers as the weather was perfect. The over 400 participants were entertained with music and the antics of Jerry Tolerico and Danny Totsky. This year, along with the High School Cup Challenge, we instituted a Corporate Cup Challenge so businesses could have a little friendly competition.

Cheryl Carachillo and Lisa Gillett were honored for their 20 years of



TAKING ON FUN WITH HEALTHY KIDS DAY

Summer is the time for kids to get up, get out and grow. But for some kids, exposure to activities that stimulate the body and mind ends with the school year. On April 26th, the Y celebrated Healthy Kids Day®, a national initiative to improve the health and well-being of kids. This event was held in conjunction with the Ciotti 5k Race and had the best turn-out to date!

Activities and vendors centered on getting kids to move, play, and learn about healthy habits. For the first time, the YMCA hosted a Kid's Business Expo where local children could sell their products or promote their services. In addition to activities run by YMCA staff and volunteers, other community partners included: Carbondale Police & Fire Departments, Dr. Welby & the Lackawanna County Medical Society, Dime Bank, DeHaven Family Farms, Esbenshade Greenhouse, AmeriHealth Northeast, United Way of Lackawanna and Wayne Counties, PROSPER, Dessin Animal Shelter, Head Start, Breichle Law Offices, Carbondale Library, 4-H, Goodwill Industries,

