



# THERE'S NEVER BEEN A BETTER TIME TO BUILD A BETTER US

Hamilton Area YMCA  
Annual Campaign



In today's society where more and more of our children are disengaged and idle, the Y keeps them ACTIVE and helps them find their passion. At a time when chronic diseases, including pre-diabetes and obesity, are plaguing our community, it's comforting to know that a local, community based organization is working to keep the community HEALTHY. When connection refers to the status of our Wi-Fi and face time happens through a phone, the Y keeps us CONNECTED. This is the work we do at the Hamilton Area YMCA.

Every day, our community faces new challenges that create a greater need for the work we do. The Y provides everyone the opportunity to be healthy and thrive, to connect with others, and contribute to a better community. Everything the Y does is in service of making us – as individuals and a community – better.

But we need help. Working with generous donors, volunteers and members like you, we can sustain our mission programming that is so critical to so many. Life-saving swim lessons, THRIVE Cancer wellness program, Delay The Disease for those living with Parkinson's, recess programs that enhance behavior and slash absenteeism, and programs that serve special populations are at the heart of the work we do.

Because we believe everyone has the power to make their lives and community better, we open our doors to all—no matter who they are or where they come from.

**For a better you. For a better community.**  
**The Y.™ For a better us.**



"In the first year of the Recess program we saw a 33% reduction in overall suspensions. Last year suspensions went down nearly 20%. In addition to making Recess safer the students are taking the lessons they are learning including peaceful conflict resolution and playing fair and applying them when the YMCA staff are not present."

- Roberto Kesting, Kuser School Principal



"I turned to the Y to regain the strength I lost during treatment for breast cancer. I never enjoyed going to the gym because I was intimidated by regular gym-goers. Being part of the program and supported by Gia, I felt myself getting stronger. Because I see myself making progress, I continue to carve out time for myself, even as a busy mother of 3. And, I no longer feel like a fish out of water when I walk through those doors."

- Melissa, THRIVE participant



"The Y inspires me! Through my work at the Y, I have learned that kindness is important. As a member services greeter and lifeguard I deal with many different people on a daily basis and kindness counts! I love the Y!"

- Roberto, Lifeguard, Member Services Greeter, Member



After each session of Delay the Disease, I feel rejuvenated physically with a "spring" in my step and an uplifted mental spirit with a "positive feel great" mood. I have fun exercising and enjoy the social camaraderie of other Parkys! What a tremendous impact the Hamilton Area YMCA has made on my life! Thank you so much for being there for the people with Parkinson's Disease."

- Bob, Delay The Disease participant



"The Y has been so much more than a place to regain my strength and balance. There is no support group for my auto immune disease, and I was thrilled to find OneStep, which is a program meant for those with MS, but focused on the areas I needed to improve. We're like a family - we encourage and support each other. We understand each other. My overall health has improved. I push through the pain to come to the Y, because I know that the outcome is amazing!"

- Kay, OneStep Participant

**Every dollar you give is reinvested right here in our community.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

YES! I want to help the Y create A Better Us with a gift of:

☐ \$10   ☐ \$25   ☐ \$50   ☐ \$100   ☐ \$250   ☐ \$500

Other: \$ \_\_\_\_\_

Recognition Name \_\_\_\_\_

☐ I do not wish to be recognized publicly.

Please credit my gift to the following campaign team or fundraiser:

\_\_\_\_\_

I would like to complete my gift in the following way:

☐ Check enclosed made payable to Hamilton Area YMCA

☐ Cash

☐ Credit Card:

☐ Visa   ☐ MC   ☐ AMEX   ☐ DISC

Card # \_\_\_\_\_

Name on Card \_\_\_\_\_

Expiration Date \_\_\_\_\_ SID# \_\_\_\_\_

Please draft my credit card:

☐ One time/Full Amt.   ☐ Monthly   ☐ Quarterly

Signature \_\_\_\_\_

☐ I am a Y member. Please draft my membership \$\_\_\_\_\_/month.

☐ My company has a matching gift program. Please contact me.

☐ I have included the Hamilton Area YMCA in my estate plans.

☐ I would like to learn more about the benefits of including the Hamilton Area YMCA in my estate plans.

Kindly return this form to the Hamilton Area YMCA,  
Attention: Development Department, c/o Denise Wyers  
1315 Whitehorse-Mercerville Road, Hamilton, NJ 08619.

For additional information about how you can help the YMCA build A Better Us, call 609.581.9622 ext 111.

Information filed with the Attorney General concerning this charitable solicitation may be obtained from the Attorney of the State of NJ by calling 973-504-6215. Registration with the Attorney General does not imply endorsement. EIN #21-0702879