

RANDOLPH YMCA

14 Dover Chester Road Randolph, NJ 07869

randolphyymca.org

MEET JACOB

Jacob Kohner is a 16-year old sophomore at Roxbury High School. Like many high school sophomores, Jacob is involved with many school clubs and activities and he works hard to excel academically.

Jacob also has Cerebral Palsy, a group of neurological disorders that affect a person's balance, movement, and muscle tone. Diagnosed at one year old, he has been confined to a wheelchair for most of his life.

Over the years, Jacob has worked with several physical therapists that concentrate on patients with special needs. Physical therapists focused on range of motion and functional movements. Once he started high school and became involved with academics and clubs, therapy sessions and travel time to and from appointments became a challenge.

Jacob and his family were committed to improving his strength and muscle control and came to the Randolph YMCA. They met Mina Rofael, who is a personal trainer and the Health & Wellness Coordinator at the Y.

Mina was interested in training with special needs members, and he and Jacob started their journey together.

"Training people in wheelchairs is much different than training people with full mobility," said Mina, adding, "Their muscles and limbs tend to be stiff and smaller than usual and may not grow as quickly or lengthen as much."

Jacob has been training with Mina twice a week to strengthen his muscles. As Mina learns more about Jacob's abilities, he is able to challenge Jacob with more strenuous exercises.

Jacob's mother, Jill, said that most people see a wheelchair first, not the young man sitting in it. People automatically judge his abilities because of his wheelchair.

"Since he has been coming to the Y, **Jacob's self-confidence has grown,**" she said. **"He is working out just like any other 16-year-old, proving that he should not be prejudged."**



Like most of us, working out is a choice we make and a commitment to our well-being. Jacob has decided to improve his health at the Randolph YMCA.

There is an assortment of equipment in the lower level fitness area which are wheelchair accessible, making the Randolph YMCA ADA-friendly. Through land and aquatics programming, the Y welcomes our community with special needs.

The Y also realizes that **many people may not be able to afford the cost of membership and programming**, financial assistance is available through the Annual Campaign.

For more information about the Y's Annual Campaign or to make a donation, contact Jordan DiEgidio at 973-366-1120 ext. 38 or visit randolphymca.org/give



MEET JOE

Joe Reed is a 15 year old Varsity baseball player at Randolph High School. Joe is an outfielder for the Randolph Rams. Already very physically fit, he wanted to be challenged in his training. The Reed family are all members of our YMCA. After speaking to one of our staff members they decided Mike Bryant was the right choice for Joe. Mike Bryant, head personal trainer, developed a very personalized workout plan to help him achieve his athletic goals as well as create good practice for the rest of his life. Joe can see and feel a difference in his strength. "Having Mike as a trainer has pushed me in ways I would not have done on my own," Joe explained. Joe is able to achieve his goals as an athlete through Mike's one-on-one attention and expertise. "If Joe's habits in the gym are any indication of him as a baseball player, he will be very successful in the Spring." says Mike Bryant.



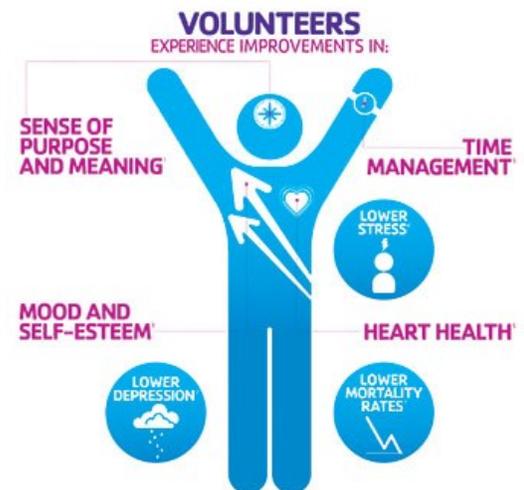
This Y is a non-profit like no other. Consider taking an active role in strengthening your community.

Volunteers are vital to the Y. Without them, we wouldn't be able to meet the needs of the kids, families, and adults who live in our community. With a focus on youth development, healthy living and social responsibility, Y volunteers give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure.

Consider us as a place to donate your talents— we know how precious your time is and want every moment you spend with us to be worthwhile.

For more information about volunteering contact Development Director, Jordan DiEgidio.

Jordan@randolphymca.org
973-366-1120 x38



LEVELS OF GIVING

100% of your charitable donations go back to helping people in your community.

SPONSOR up to \$99

affords opportunities for kids to participate in a YMCA program where they can grow and thrive.

FRIEND \$100-\$299

Provides swim lessons so a child can learn water safety & a life-long skill.

PARTNER \$300-\$499

gives a child one week of summer camp to build friendships, skills and memories.

BELIEVER \$500-\$999

awards two seniors one year of membership to enjoy socialization and wellness activities.

CHAMPION \$1,000-\$2,499

provides one child a full year of after school care in a supervised & nurturing environment.

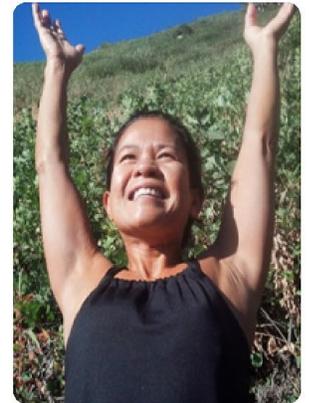
HERO \$2,500 & over

gives one year of aquatic therapy to someone with special needs or a physical disability.

SAVE THE DATE – October 5, 2019

3rd Annual Swim for Sally Honoring Sally Schenkman

In honor of Sally Schenkman's spirit and in keeping with her belief of helping those that need it most, the Schenkman Family is continuing to lead our effort to raise money towards our Building What Matters Capital Campaign.



FOCUSED ON OUR FUTURE



See What Your Donations Have Done

Construction on the **Sally Schenkman Locker Room** has started.

This locker room will be:

- ADA accessible for individuals of all ages with disabilities
- For adult/child pairings of the opposite sex
- Any special circumstances

**BUILDING
WHAT MATTERS**

A Capital Campaign
For A Stronger Tomorrow

This much needed locker room removes the last remaining obstacle and provides immediate access for those who are currently unable to use our pools or have difficulty getting to the pools.

THIS IS Y!

When you donate to the Randolph YMCA, you make our community better and the people who live in it stronger. Every dollar donated has a lasting impact on the people in our area.

Every dollar you give to the **Randolph YMCA's Annual Campaign** can change the life of a child, teen or a family in need. No one is ever turned away. Your kindness can **offer the chance of a lifetime to the people who need it most in our community.** You can donate online or use our enclosed giving envelope.

For more information regarding our Annual Campaign contact Development Director Jordan DiEgidio, Jordan@randolphymca.org or (973)-366-1120 x38

Donate today.

OUR MISSION STATEMENT

The Randolph YMCA is a non-profit organization, dedicated to the development of mind, body and spirit. We provide physical, educational and social programs and services which meet the needs of our community in a manner which is both fiscally and socially responsible.



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