



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE Y. SO MUCH MORE™

RANDOLPH YMCA

randolphymca.org

SPRING/SUMMER 2015



## OUR MISSION STATEMENT

The Randolph YMCA is a charitable 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.

## LOOKING FORWARD, KATHERINE'S STORY

In 2012, Donald, her husband of 28 years, was diagnosed with advanced stages of prostate cancer and passed away after a courageous two year battle with the disease. During that time, Kathy was Donald's sole caregiver while raising their four sons, Frankie (now 21); twins Anthony and Nicholas (now 20) and Joseph (now 16).

Money was tight because neither Donald nor Kathy could work during his illness. She also felt very lonely especially after his passing.

As Kathy continued to grieve her family's loss, she began to realize that she needed to find a sense of normalcy for herself and her children. She was worried about her health (she was pre-diabetic) and the implications that had on her responsibilities as the sole parent to her children.

Kathy turned to the Y in August of 2014 and she and her family became members through the Single Parent Scholarship Program funded through the Y's Annual Campaign.

Through hard work and perseverance, Kathy lost 55 pounds, and had an overall improvement in her health. As a result, she became eligible for gastric sleeve surgery.

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"I had been denied the surgery several times because I was too overweight for the procedure; I know that I want to stay healthy and stick around for my sons," she said.

Kathy says she "feels terrific now" and credits the Randolph Y with helping to keep her and her sons active, social, and stable.

"The Y is a great place for my sons to remain active and for me to feel social again," Kathy explained. "I work out on the treadmill, stationary bikes and almost all of the machines in the cardio room and everyone is so friendly." Kathy now has her health, her sons and a great job in Ledgewood, although she misses Donald every day. Katherine's story is one of pain, perseverance and hope. The Y family is proud to have played a small part in the Cook Family journey.



The Cook Family



Anthony, Nicholas, Frankie, & Joseph

## PICKLEBALL COMES TO THE Y!

Pickleball, a racquet sport that is a cross between tennis, badminton and ping pong, is offered at the Y twice a week. The game is designed for all ages and abilities and members are encouraged to stop by the gymnasium on Mondays from 10:00 am to 12:00 pm and Thursdays from 10:00 am to 1:00 pm to join the drop-in games that are played during those times. The Y has a limited number of racquets for 1st time trials. Sneakers (preferably tennis shoes) are required. Pickleball is free to members!

For more information about Pickleball, contact Kathy Fisher at: [Kathy@randolphymca.org](mailto:Kathy@randolphymca.org)

Member Anthony Trongone and Aquatic Director Kathy Fisher enjoying a game of Pickleball.



# SUMMER DAY CAMP

**WEEK LONG or  
SUMMER LONG**

**Now offering weekly  
sessions!**

Download the registration form  
[www.randolphymca.org](http://www.randolphymca.org)

**10% discount  
for additional  
siblings!**



**Ages 3 years  
through  
9th grade!**

There are many children and families right here in our community who need the Y and can't afford Summer Day Camp.

We count on the generosity of our members and the community to help people of all ages and from all walks of life, be more healthy, confident, and connected.

When you make a donation, your gift will have a meaningful and lasting impact right in your own neighborhood!



## MEET LUIS, A lifelong YMCA member who gives back

Luis Feliciano has been a member of the Randolph YMCA for over seven years and makes full use of everything the Y has to offer. The Hackettstown resident is usually at the Y four days a week where you can find him working out in the cardio & weight rooms, taking a group exercise class, exercising in the pool, or relaxing in the sauna or steam room.



"The Y is a little family," Luis said. "I have made many friends and everyone, including the staff, is friendly and warm. There's always a "hello, how are you doing? exercise advice, healthy

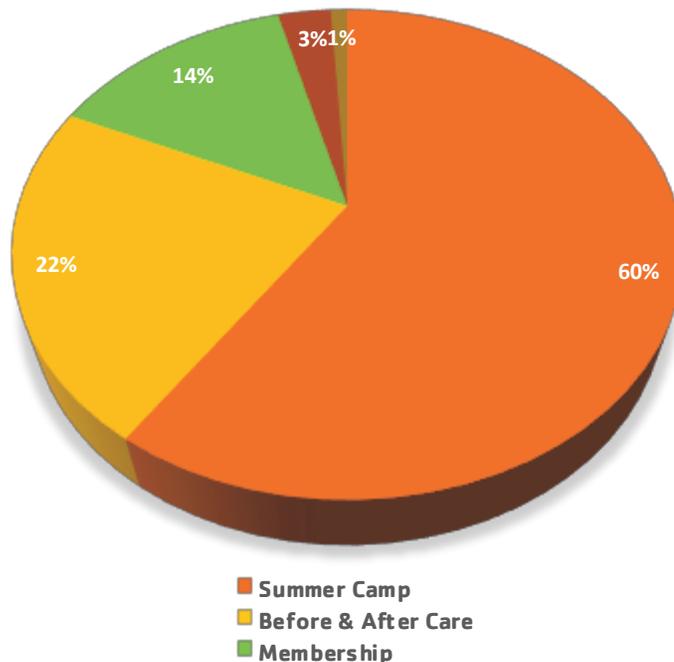
*"I value the Y's commitment to providing membership and programs for the less fortunate..."*

eating tips - even jokes. I always feel welcome here."

Employed as a hair dresser, Luis is on his feet for 8-10 hours a day, which takes a toll on his joints and muscles. He participates in warm water training to relieve joint inflammation and to loosen his stiff muscles. He credits Aquatics Director Kathy Fisher with introducing him to warm water exercise when she heard him talking about his sore joints. "Warm water training really helps me feel better after a long day on my feet."

Luis appreciates many fun & challenging fitness classes across the spectrum of cardio, strength and mind/body offerings. His first introduction to group exercise was an abs class, where he "learned so much."

## STRENGTHENING OUR COMMUNITY \$123,489 IN SCHOLARSHIPS FOR 2014



### THROUGH YOUR GENEROUS GIFTS:

**\$73,500** gave children the opportunity to attend our Summer Camp.

**\$27,500** provided before & after school child care for children during the school year.

**\$17,499** YMCA Memberships to Families, Children, Seniors, and Adults.

**\$3800** in rehabilitated services.

**\$1190** other programs & services.

He participates from time to time in Spin, Yoga, Pilates and Barbell Blast classes; he especially looks forward to taking Kathy Lamia's Rock Bottoms & Abs classes on Fridays.

Being fit has always been a part of Luis' life. As a teenager, he was a skateboarder who was sponsored by a skate shop company, NewSchool, as well as the Morristown skate shop Psycho Skates.

He has fond memories of "acrobatics flipping" and break dancing with his friends, & riding his bike all over town. He also "dabbled in a little of everything" including football and wrestling. As a child, he came to the Y as a guest of friends & his positive experiences from then led him to become a member as an adult. "I have great memories of fun times in the pool as a kid."

Luis has become a real advocate for the Y, encouraging family & friends to join. "My mom, my brother, my niece, several cousins & many friends are now members. The Y is a great value because it has everything you need - you definitely get your money's worth. I value the Y's commitment to providing membership and programs for the less fortunate," he explained.

"I love the Y," Luis concluded.

# CONSIDER A DONATION TODAY

## LEVELS OF GIVING

**SPONSOR up to \$99** affords opportunities for kids to participate in a YMCA program where they can grow and thrive.

**FRIEND \$100 to \$299** provides swim lessons so a child can learn water safety and a life long skill.

**PARTNER \$300 to \$499** gives a child one week of summer camp to build friendships, skills and memories.

**BELIEVER \$500 to \$999** awards two seniors one year of membership to enjoy socialization and wellness activities.

**CHAMPION \$1000 to \$2499** provides one child a full year of after school care in a supervised and nurturing environment.

**HERO \$2500 and over** gives one year of aquatics therapy to someone with special needs or a physical disability.

**100% OF YOUR CHARITABLE DONATIONS GO BACK TO HELPING PEOPLE IN YOUR COMMUNITY!**



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## ENJOY THIS ISSUE?

Feel free to share this newsletter with a friend.

## QUESTIONS, COMMENTS, IDEAS?

Contact the editor:  
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