



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A young girl with curly, light brown hair is the central figure. She is wearing a light blue long-sleeved shirt and grey pants. She is looking slightly to the left of the camera with a gentle smile. The background is a mix of light blue and teal geometric shapes.

TOGETHER WE CAN BUILD A BETTER US

From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive.

Give for a better Lawrence County.

The Y.™ For a better us.™

2015 COMMUNITY IMPACT REPORT
NEW CASTLE COMMUNITY YMCA

FOR A BETTER COMMUNITY

You know the challenges we face in New Castle. People of all ages and backgrounds are struggling to reach their full potential. More and more children face seemingly insurmountable hurdles. Families find it difficult to spend quality time together. Playing outside has become a rarity. Face time happens through a phone. And instead of seeing the income gap shrink, it seems all we do is watch it grow.

But where society falls short, the Y steps in. Together we make a difference in the lives of thousands of people and a huge impact on each individual we serve.

After nearly 150 years of serving New Castle, the Y understands what our community needs to be its best. Working with generous donors, 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.

Yes, you know the challenges we face in New Castle. But just like the Y, you see the opportunity to make a difference. The Y is your partner, standing with you to strengthen our community. For a better you. For a better community. For a better us.™

Sincerely,

Jessica Seminara-Tomczyk

Chair, 2016 Annual Youth Campaign

OUR MISSION

To put Christian principles into practice by providing youth, adult and family programs that build a healthy spirit, mind and body for all.

OUR CAUSE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

SCHOLARSHIPS

Youth, adult and family scholarships are available for our neighbors in need. To learn more, call (724) 658-4766.



**The Y gave more than \$350,000 in
program and financial assistance to
our community in 2015.**

YOUR ANNUAL CAMPAIGN DONATIONS AT WORK

■ YOUTH DEVELOPMENT: \$182,000

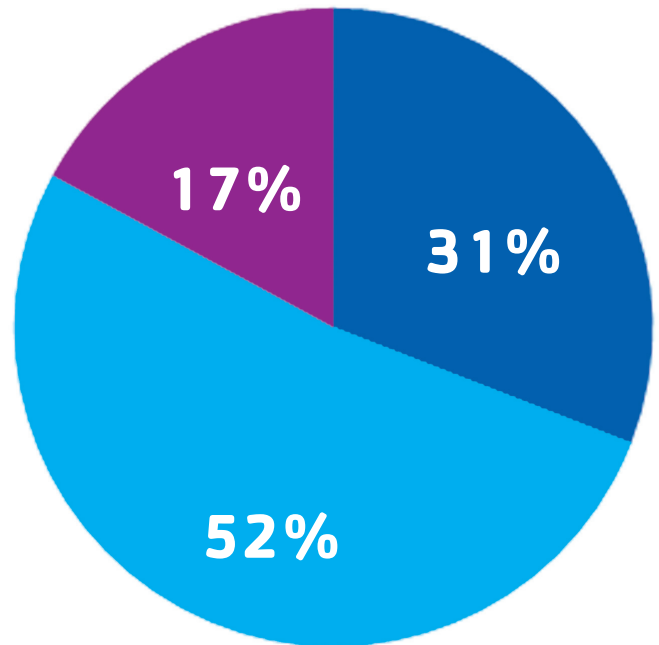
School Learn to Swim
Youth Education & Leadership
Diamond Girls
Healthy Kids Day
Youth Swim, Sports & Play
Progressive Swim Lessons
PLAY Program

■ HEALTHY LIVING: \$108,500

General Membership Assistance

■ SOCIAL RESPONSIBILITY: \$59,500

Giving Through Partnerships
Special Olympics
Big Brothers, Big Sisters
Crisis Shelter
Local Schools & Charities



YOUR MEMBERSHIP DOLLARS AT WORK

■ Management

■ Youth Sports & Child Care Staff

■ Member Services

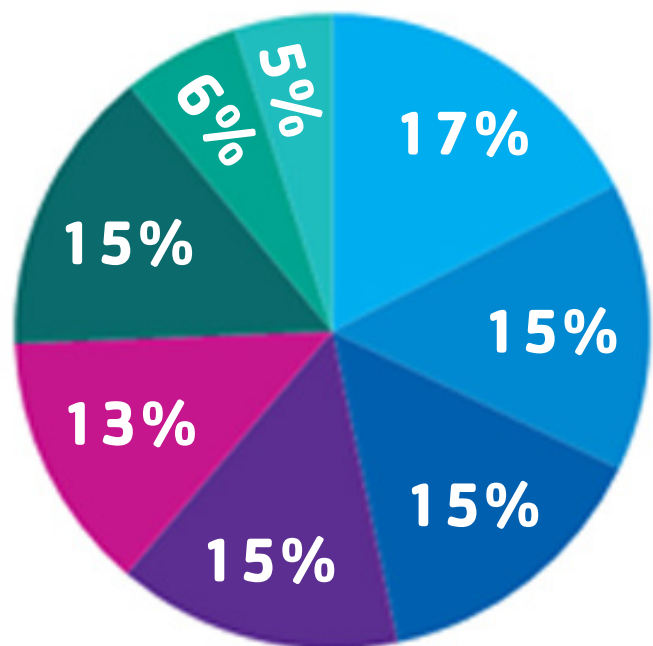
■ Utilities & Insurance

■ Program Supplies & Fees

■ Facility and Equipment Maintenance & Repair

■ Aquatics Instructors & Guards

■ Fitness & Wellness Staff



“We make a living by what we get;
we make a life by what we give.”

~ Winston Churchill

FOR A BETTER

We nurture the potential of every child and teen. We give young people a safe place to belong, to build confidence and learn positive behaviors through our values of caring, honesty, respect and responsibility.

FACING FEARS, BUILDING CONFIDENCE IN THE WATER

One second-grade boy has a newfound sense of confidence, thanks to the YMCA's School Learn to Swim program.

Last fall, he & his classmates attended weekly swim lessons at the Y. According to Aquatics Director Drew Sapp, the boy was so scared of the water that when swim day came, he cried all day in school.

Our instructors worked carefully with him over the course of the program. By the end of the seven weeks, he had a new love for swimming.

"On the last day of the program, he came up to me and told me that swimming days were his favorite days in school," Sapp says. "I love that, through this program, we get to teach kids to swim that might not otherwise have the opportunity to learn."

Every year, the School Learn to Swim program serves hundreds of elementary school students from seven local schools. Tens of thousands of children have participated in the program since its inception.



738

Swim Lessons

We help save lives by teaching kids about water safety and how to swim, making our community safer.



715

School Learn to Swim

Students in area school districts learn about personal growth, personal safety, stroke development, water sports and rescue skills in this program.



122

Swim Team Members

Children and teens, ages 5-18, have fun, learn techniques, experience health benefits and learn character lessons from being a member of our competitive swim team.



146

Child Care

Parents entrust their children to us and go to work feeling secure that their children are in a happy, learning and thriving environment.



450

Summer Campers

11 weeks provided kids with physical activity and the outdoors, the chance to make new friendships, have different experiences, learn skills, gain independence, and create lasting memories.

YOUTH

YOUTH DEVELOPMENT

Diamond Girl Tamy Alvarado (l) with her mentor, Paulette Booker.



When **Tamy Alvarado** started coming to our Diamond Girls program, she was just looking for some fun.

POLISHING DIAMONDS IN THE ROUGH

"My friends signed up through school and I wanted to come, too," she says.

Tamy, 12, a sixth-grader at New Castle's George Washington Middle School, soon discovered that Diamond Girls is about more than just fun.

"We meet and talk about kindness & manners, get help for the future and learn to be responsible," says Tamy. "It helps me in my life now, too. When there's drama at school, I've learned how to stay calm."

Like all Diamond Girls, Tamy is paired with a mentor; hers is Paulette Booker. Paulette has been with the

program for more than 10 years. She says she enjoys spending time with all of the girls and their mentors.

"We have good mentors who are concerned, compassionate and willing to teach," Paulette says.

Diamond Girls, now in its 12th year, works to help girls in grades 4-12 make a successful transition into adulthood. All members are paired with a mentor who helps to guide them through the typical challenges a young woman faces. More than 30 young women have been successfully mentored since the program began.



272

Drop-In Child Watch

With Child Watch, the Y keeps an eye on our member's little ones, ages 6 mos to age 8, so parents can focus on themselves.



291

Youth Factory Kids

This free after school program gives teens & tweens a safe, supervised space to relax, study, play and make important social connections with their peers.



4

Keystone STARS Rating

Our Child Care & Preschool Program is one of only three facilities in Lawrence County to earn the highest rating possible from the PA Office of Child Development and Early Learning.



2,556

Youth Sports

Every child regardless of skill or ability is encouraged to experience the fun, fair play and benefits of being active and to learn skills and build confidence.



14

Diamond Girls

We build strong bonds and memories between girls and their mentors as they spend time together learning about women's issues, tutoring, career and personal development.

FOR A BETTER

We improve your health and well-being. Through fitness, sports, fun and shared interests, the Y connects the people of Lawrence County with the support and resources they need to achieve greater health and well-being.

CAMPERS & COUNSELORS CONNECT

Brianne Berkebile credits our Summer Day Camp with helping her clarify her post-college goals. The 21-year-old psychology major has set her sights on a career in early child development.

Brianne worked as a camp counselor in 2015. She said the best part of camp was watching kids of all ages from different schools and backgrounds come together and bond as a group.

"Everyone felt welcome," says Brianne. "The kids were so enthusiastic and the counselors were so good to them. No kids were 'outcasts.' The Y makes sure everyone is important and accepted."

Brianne says she made lasting friendships with both the campers and counselors.

"One little girl texts me from time to time and sends me picture from her cheerleading competitions. I got to hang out with her and her family during the school year.

"I've kept in touch with a lot of the counselors, too. In fact, we're already planning activities for this year's camp."

Brianne says when it came time to choose an internship, she couldn't imagine going anywhere but the Y. As an intern at this year's Summer Day Camp, she will have a greater role in planning this year's curriculum.



Brianne Berkebile with YMCA Day Campers

"The kids in our community are so incredibly kind, resilient, and smart. They truly have so much potential. Summer Day Camp and the community at the Y gives them the support and encouragement they need to thrive. It is one of the few places in our county where kids are able to just be kids and receive unconditional positive rewards as they grow."

350

Healthy Kids Day Participants

In April 2015, 350 kids and their families came to play and learn more about keeping their minds and bodies active during the summer, when academic progress often stalls.

1,251

Adult Rec Participants

Adults want to live healthier by playing recreational sports that interest them: soccer, basketball, roller & foot hockey, volleyball, racquetball & pickleball.

4,825

Weekly Online Visitors

Before they ever set foot in the Y, visitors & guests are checking us out online. Our website and social media channels provide important information and enhance a sense of community.

9,208

Adult Swim Sessions

Other adults prefer getting their exercise in the water through lap swim, aerobics, water walking or the camaraderie and sportsmanship of our Master's swim team.

17,442

Group Fitness Sessions

Some members are more motivated by group fitness classes like Spinning, Yoga, Les Mills classes, INSANITY, TRX and SilverSneakers programs. Hundreds attend group fitness classes every week.

LIFE

Rose Viggiano (3rd from l) with several of her friends.



FINDING FRIENDSHIP AT ANY AGE

Rose Viggiano has found a second home at the Y. Rose, 72, says the friendships & community she's found at the Y are an important support network for her.

"I come here three days a week for a Silver Sneakers class," she says. "I come to see my friends and to stay after class and talk. We have coffee together, we sit and visit. Sometimes we even go out to breakfast together.

"It's nice for someone who lives alone."

When the weather is nice, Rose walks the one-mile distance from her home to the Y. Staying fit & healthy has always been a priority.

"I've been coming to the Y for nearly 50 years. My kids took swim lessons here. My nieces & nephews came here, too."

Rose says the Y is a great fit for families of any age.

"People who have kids.. they hold back on coming to the Y because of their kids. But that's no excuse. it's good for all of them to be here."

GROUP FITNESS CLASSES LIFT CAREGIVER'S SPIRITS

Daily exercise at the Y has been a godsend for Walter & Dr. Jane Karski. Group fitness classes help the couple not only stay fit but give them the energy needed to face Walter's progressive dementia.

Behavioral Variant Frontotemporal Dementia has caused Walter to have severe memory loss. He has also experienced a change in personality, behavior issues and clinical depression.

"Attending daily exercise classes at the Y and Y-Zone has helped immensely," says Jane, a local dentist.

"Walter gets very excited to see the people at the Y. He doesn't have name recognition anymore but

he has facial recognition and it brightens his day to see familiar faces.

"The social interaction is very important. He gets excited and happy when people talk to him."

Jane says exercise has improved Walter's quality of life. Better blood flow and brain oxygenation have helped to slow down his illness. He burns off excess energy and has a happier disposition.

Exercise has also helped Jane's quality of life.

"As Walter's primary caregiver, I am susceptible to becoming ill myself. Exercise not only improves my physical being, it releases endorphins that make me happier, too.

We both leave the Y in a better mood, ready to face the day and the challenges that Walter's illness brings."

Jane says all caregivers can benefit from exercise.

"These classes get me out of the house and give me friends to socialize with. Every time we start the day at the Y, the rest of the day is always better."



Dr. Jane and Walter Karski take part in the SilverSneakers Circuit class at the Downtown Y.

FOR A BETTER

We give back and support our neighbors. We foster the care and respect that all people need and deserve by giving them a helping hand along the way. When you give to the Y, you strengthen our community and move us all forward. Your gift makes a meaningful, enduring impact right here in your own neighborhood.

FROM Y KID TO BOARD PRESIDENT

One of Amy Fehrs' favorite stories to tell is how she grew up as a Y kid.

"Some of my best childhood memories are of the Y. I remember going there as a kid, playing ping-pong in the Youth Factory, learning to swim with my dad," says Fehrs, who is finishing a two-year term as President of the Y's Board of Directors.

"Not long after I learned to swim, I joined the Y swim team. I made friendships there that really sustained me through a tough transition from elementary to junior high school. Those friendships were so important to me. They kept me out of trouble and kept me focused on the positive."

Years later, Amy was a stay-at-home mom when she was asked to be a member on the Y's Board of Directors.

"It was very intimidating at first. The Board was made up of all these pillars of business and our community. I wasn't sure how I fit in.

"I would always tell the story about how I loved growing up at the Y. Someone asked me why and that's when I had an epiphany about how important the Y has been to me.

"I can't believe how much it has helped to form my life, even today. I'm so thankful to be a part of this Y."

Amy has spent more than 15 years on the Board. She served as Head of the Membership Committee before serving a two-year term as Vice-President and a two-year term as President. As her term as President concludes, she will move into her new role as Chairperson of Board Development.

289

Donors

The generosity of others is at the core of our existence. Our donors contributed more than \$200,000 to our 2015 Annual Giving Campaign and nearly \$2.5 million for our Capital Campaign in 2014.

4,714

Volunteer Hours

160 volunteers donated 4,714 hours of their time to help Lawrence County be more healthy and connected. Without volunteers, little of what the Y does would be possible.

90

Days of Renovations

As a result of the "Strengthening the Heart of our Community" campaign, the Downtown Y was able to transform and modernize its facilities in just three months' time.

167

Breakfast Guests

The Y welcomed more than one hundred people for a free hot meal, singing and fellowship at our annual Tom Robinson Memorial prayer breakfasts held on Good Friday and Thanksgiving.

347

5K Run & Walk Participants

Friends and neighbors braved a chilly Thanksgiving morning to run and walk through Downtown New Castle to support their neighbors in need.

COMMUNITY



Tom Rapchak works with players on the U10 travel team during weekly practice drills.

ATHLETICS & MINISTRY FIND A HOME AT THE Y

From Youth Director to parent to coach, Tom Rapchak has been involved at the New Castle Community YMCA for nearly twenty years.

Tom, who served as the Y's Youth Director from 1999 to 2001, is now volunteering as an assistant coach for the Y's Lawrence County (LC) United soccer league.

"Athletics and ministry have always been in my blood," says Tom, who serves as the Staff Director for Coalition for Christian Outreach, an organization that seeks to share the Gospel with hundreds of thousands of students at colleges stretching from Indiana to the New Jersey coastline.



"I started helping on the soccer field in the fall of 2015. I saw a need on the U6 team and I stepped in. From there, I became the assistant coach on the U10 indoor & outdoor teams.

"It's a great opportunity to help kids learn character through team sports."

Tom certainly has good reason to want to help develop young athletes. His sons, Matthias, 9, and Amari, 5, both play on LC United soccer teams. Both boys have been taking part in Y programs for years, starting with progressive swim lessons and branching out to basketball and soccer.

"It's a huge benefit to bring the boys to the Y," Tom says. "They get to interact with kids from other school districts and learn from other coaches and adults. What they learn in soccer will translate to other sports and, of course, to other activities in life."

The LC United recreational soccer program includes more than 200 boys & girls from across the Lawrence County area. Kids between the ages of 4-17 play on one of nearly a dozen recreational and competitive teams. Players learn skills like teamwork and sportsmanship while enjoying exercise that will keep them healthy in body, mind and spirit.

L: Tom Rapchak; R: Matthias (l) and Amari Rapchak.

DONORS

ANNUAL CAMPAIGN

\$5,000 AND ABOVE

Blair Strip Steel
Caroline Knox Memorial Trust
Consolidated Glass Corp
Ellwood Group
Fehrs, Scott & Amy
Huntington Bank
Lindy Paving

\$1,500 TO \$4,999

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Chambers, Robert
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Den-Vend
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Lyons, Richard & Judy
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Media Displays
New Castle Truck
Nicks Auto Body
Patch Foundation
Perelman, Dale & Michele
PNC Foundation
Scott Electric
Vitale, Stephen & Nicole
The WODA Group, LLC

\$1,200 TO \$1,499

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Bruce Foundation
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Castle Maintenance
Castle Rolloff
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Dietz, Dr. John
Doran Concrete
Family First Urgent Care
First Choice Federal Credit Union
First Merit Foundation
First National Bank
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Huffman, Ben & Briana
Huston Group
IBEW 712
Lawrence County Orthopedics &

Sports Medicine
Luxenberg, Garbett, Kelly & George
Martin, Jay
McCurley Houston Electric
MCM Insurance Services
Neshannock Township
New Castle Police Dept
Newcastle Co
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PA American Water
Phantom Fireworks
Pizza Joe's
Preston Motors
Pyrotecnico
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Ribarevski, Dr. Rich
Roger C Panella Foundation
S & S Processing
Scheidemantle Motors
Seminara Family
Silverman, Lee & Judy
Silverman, Randy
Tic Toc Food Mart
Tuscany Square
Wampum Hardware
Wish, Michael

\$500 TO \$1,199

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Bshero, Michael
Cubellis, Jessica and Michael
Dean Dairy Products
Drespling, John
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Fehrs, Richard
Fitts, William
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Kinney, Bruce
Klafter's Foundation
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Shiderly, Kenneth
Williams-Cleaveland Co

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UP TO \$249

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Y-ZONE

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New Castle, PA 16105
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www.ncymca.org



Facebook.com/
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OUR MISSION

To put Christian principles into practice by providing youth, adult and family programs that build a healthy spirit, mind and body for all.

OUR CAUSE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

SCHOLARSHIPS

Youth, adult and family scholarships are available for our neighbors in need. To learn more, call 724.658.4766.



7,313

Members

We are a diverse organization of men, women and children, united by a shared commitment to strengthen our community through youth development, healthy living and social responsibility.

12,000

Monthly Visits

In 2015, members visited the downtown New Castle Y more than 12,000 times in the month of January alone.

447

Financial Assistance

Hundreds of neighbors in our community received financial assistance in 2015 so that they could take advantage of the Y's life-changing programs and services.

149

Years of Service

We've proudly served the Lawrence County area since 1867 and we will be celebrating our 150th anniversary in 2017. We hope you'll join our cause and help us continue our great work for centuries to come.

1

Organization

We're one organization with one mission: To put Christian principles into practice by providing youth, adult and family programs that build a healthy spirit, mind and body for all.