

# YMCA OF MONTCLAIR



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MISSION MOMENTS

YMCA OF MONTCLAIR

25 PARK STREET, MONTCLAIR NJ 07042

WINTER 1 EDITION

[www.montclairymca.org](http://www.montclairymca.org)

A NEWSLETTER FOR YMCA MEMBERS & THE GREATER MONTCLAIR COMMUNITY



### HOLIDAY GIVING TREE TOUCHES LIVES OF YOUTH THROUGH GENEROSITY OF Y MEMBERS & STAFF

The annual Giving Tree program at the Y of Montclair reached new heights this year thanks to the incredible generosity of our members and staff. The Giving Tree, which benefits Youth Children Services, features hundreds of ornaments with the names and ages of children along with their wishes for the holiday season. Ranging in age from 5-17, most of the children and youth ask for shirts, sweaters, gloves, pants, jackets and other clothing accessories.

This holiday season over 800 gifts were received and given out, producing smiles and tears of joy for many families across Essex County. We saw many members pick multiple ornaments off the Giving Tree, displaying beautiful heart and generosity. The Y Youth & Teen Director Erik Montgomery expresses his sincere thanks to all those who made this holiday season especially heartwarming for so many.

### YMCA GALA REPORT

The Y held its inaugural 1891 Community Gala on December 3rd at Highlawn Pavilion. Hosted by actor Delroy Lindo, the evening was an incredible success, raising over \$145,000, with over 250 guests who came out to support the Montclair institution. The evening's highlight was celebrating the years of service, dedication and impact of Helen Geyer, Tom Boyton, Robert Constable and Carol Kearney, all of whom have made immeasurable contributions to the Y.

### YMCA PROVIDES SPACE TO FEED THE HOMELESS DURING HOLIDAY SEASON

The Y responded to an urgent need by Montclair Emergency Services for the Homeless (MESH), for space to feed the homeless this past holiday season. Founded by Reverend Canon Wade Renn, MESH provides a warm and safe respite, nourishing meals and laundry service from December through March, our coldest months. We were pleased to support such a vital community resource for so many of our neighbors in need. For more information on MESH, please visit [www.meshmontclair.org](http://www.meshmontclair.org).



YMCA of Montclair President & CEO Jo Ann Short was a special guest at a recent event honoring long-time Y member Kenneth Strait, Jr., Esq., who was presented with the Thurgood Marshall Award at the Montclair NAACP Freedom Fund Dinner. Pictured with Jo Ann are Kenneth Strait, Jr., Elaine Jackson-Blue and Larry Blue.

## BLACK HISTORY MONTH AT THE Y

The YMCA of Montclair is proud to celebrate Black History Month and the contributions of African-Americans in our Community, Country and around the World.

On January 17<sup>th</sup> – Martin Luther King Day – we ran a special program for youth on the achievements of Dr. King and his tireless work on behalf of racial equality.

Additionally, we are featuring prominent African-Americans in a photo display on the wall near the main Welcome Desk. Along with Dr. King, Jackie Robinson, Charles H. Bullock, Delroy Lindo, Andrew Young and Madam C.J. Walker, we are proud to include two Y members, Drs. Roosevelt Weaver and Shirley A.R. Lewis.



Dr. Weaver, who sits on the Y Board of Directors, became the first African-American school principal in New Hampshire. He also served in the first Peace Corps in Senegal, West African in 1962 and was an Assistant Track Coach in the 1964 Tokyo Olympics.



Dr. Lewis, President Emerita of Paine College in Augusta, Georgia, made history when she became the first woman president of the college since its founding in 1882.

## COMMUNITY HEALTH & WELLNESS UPDATE

Our strategic plan for 2012, aligned with that of Y-USA, calls for more collaborations with community partners, with particular focus on health and wellness. We are more committed than ever to being a resource and solution to many of the health and wellness issues in our community.

Diabetes, childhood obesity, heart attacks and strokes are just some examples of areas in which we can provide programs, health screenings and lectures to better educate the Greater Montclair Community. Working closely with Mountainside Hospital, Partners for Health and the Township of Montclair, the Y will continue to offer important health education to members and non-members. Please mark your calendars for the next free blood pressure check on March 5<sup>th</sup>, and a free diabetes screening on April 10<sup>th</sup>.

February is American Heart Month, which serves as a good reminder to get your 30 minutes of daily cardiovascular exercise and to make an appointment to see your doctor if your due for your annual visit. Simple ways to get your cardio work in for those who are pressed for time include taking the stairs instead of the elevator, walking your dog just once more each day and walking to the market instead of driving.