



SEWICKLEY VALLEY YMCA COMMUNITY IMPACT REPORT 2024



Dear Friends and Supporters:

The Sewickley Valley YMCA centers itself on building community.

Our Y is more than a building or a collection of equipment. It's more than pools and courts. It's a place where people of different backgrounds, ages and interests come together, build lasting friendships, and find support. It's where everyone belongs.

On the following pages, you will see stories of people who found friendship, acceptance, and community by belonging to the Y. These stories inspire us to continue to dream big for our Y and to cultivate a community of purpose and kindness that serves people throughout their lives. You will read about working parents navigating child care, teens striving to find their voice, and adults who are facing the physical, social and emotional challenges of aging.

As always, our Y is powered by people who understand and support our longstanding mission to be a steadfast builder of community. I am immensely grateful to our amazing staff, members, volunteers, and donors whose contributions enable our Y to meet the needs of our neighbors, reinvest in our facilities and grow our impact.

I hope the stories on the following pages demonstrate the value of your support and underscore the value of our Y in the greater community. Thank you for placing your faith and trust in us to build a better, stronger community for all.

With gratitude,

Trish

Trish Hooper

**Chief Executive Officer
Sewickley Valley YMCA**



NEW PLAYGROUND

A safe, engaging place for children to explore and play is now open thanks to the generosity of our donors.

Thanks to the incredible generosity of the Sewickley Valley Community Fund, Mt. Nebo Grange #1872, Jim and Carol Crawford, Kathleen Flannery and Jeffrey Zupanc, Dr. Barbara Mellett, and other donors who wish to remain anonymous, the Friendship Frontier Playground is now a reality. The space serves children from our Child Care and Educational Development program and children from the broader community.

Friendship Frontier offers a safe, engaging environment that promotes physical, cognitive, and social development for preschoolers and toddlers

We are grateful for the support of our community, whose contributions made this invaluable resource possible. The Friendship Frontier Playground is a place where children can grow, learn, and create lasting memories for years to come.



After several years of planning, the Sewickley Valley YMCA broke ground and installed Friendship Frontier, a playground designed and built for kids ages 5 and under.

CHILD CARE

Learning and development opportunities are year-round.

The Sewickley Valley YMCA provides year-round care and development for children **from age six weeks to fifth grade**. Our licensed child care program served 299 children in 2024 at five locations.

While in our care, children receive education and development from an age-appropriate curriculum including foundations of science, technology, engineering, arts, and math (STEAM). Children develop socially, emotionally, and physically through structured activities, experiences, and physical play at the Y and in the community.



299 kids were enrolled in
Early Childhood Child Care and School Age Child Care.

\$ 126,324 of assistance
awarded in 2024 to support **38** kids attending
Child Care at the Y.

Dear YMCA,

We wanted to take a moment to express our family's overwhelming gratitude for the daycare scholarship that has been graciously extended to us. Navigating the complexities of the military aid program has been incredibly challenging, and I cannot thank you enough for your patience and support throughout this process. Your willingness to cover the remaining daycare fees has lifted an immense weight off our shoulders, and we feel truly blessed.

As a mother, it can be so difficult to balance a full-time career with the demands of child care. There have been countless times when the stress of finding and affording quality daycare made me question whether continuing my career was possible. For many women, especially in the military, the challenge of finding reliable child care often forces us to make impossible choices between our professional and personal lives. Your support has made it possible for me to continue my military career, which is deeply important to me and allows me to advocate for others facing similar struggles.

Knowing that Leah is in such capable and caring hands means everything to us. We are forever grateful to the YMCA and you ladies, who have been there for us every step of the way. We are truly thankful.

Lauren Kennedy
Age 32, of Baden
Parent of Child Care
Participant

SUMMER CAMP

A welcoming, fun, and safe environment that inspires kids to reach their full potential.

Lasting memories are made, friendships blossom, and kids thrive in a safe, supportive, and FUN environment! Every day includes adventures that spark creativity, build resilience, and inspire a sense of belonging.



“I CONTINUE TO GROW BECAUSE OF MY EXPERIENCE HERE.”

From the moment he arrived, as a child, Bret fell in love with camp. It wasn't just about having fun; it was where Bret understood who he was. Camp was a turning point, a place where Bret felt he truly belonged.

Wanting to recreate the magic for others, Bret returned to the Y as a camp counselor. During this time, he realized his passion for education. Bret also learned more about the YMCA scholarship that made his camp experience possible—and shaped his career as an educator.



Bret Powner

Age 38, of Pittsburgh

High School Assistant Principal
Pittsburgh Public Schools



699



children participated
in Summer Day Camp
during 2024.

\$ 130,207

of financial assistance was
awarded to support **137**
kids attending camp in 2024.

YOUTH SPORTS

Through the Y, kids discover a lifelong passion for athletics and physical activity.

Our focus is teamwork, perseverance, and striving to achieve your personal best. Here, kids build confidence, develop new skills, and experience the joy of movement. At the Y, it's about scoring the real win: a love for being active and healthy.

“SWIMMING HELPS ME PUSH PAST MENTAL BLOCKS.”

Swimming for the Sea Dragons Youth Swim Team provides Halle a supportive community and a way to clear her mind. She also plays softball and practices karate, but says being in the water is different.

She's proud of cutting six seconds from her 50 freestyle and conquering the 100 butterfly, a stroke she once feared. "Being in the water is generally just a good time to clear my head... it's therapeutic," Halle said. "The support from swimmers and coaches is amazing."

Halle Myers

Age 14, of Sewickley

YMCA member and Multi-sport athlete



518

kids participated
in team sports
—on land and in water—
learning important life skills.



SWIM LESSONS

Water safety skills are taught to children of all abilities.

More than 100 years ago, the Y invented group swim lessons. Today, we continue to help people of all ages learn to swim and gain the skills they need to stay safe in and around water.

The Sewickley Valley YMCA is proud to offer free or reduced-rate adaptive swim lessons to children on the autism spectrum. These small-group lessons help children develop essential water safety skills and social connections in a supportive environment where they learn best.

Thanks to the generosity of an anonymous donor and a partnership with the Coraopolis NAACP, we provided 30 children from the Cornell School District with free swim lessons in September and October 2024. These lessons helped to give kids the confidence and skills to stay safe and have fun in the water.



1,112 students participated in swim lessons, ages ranging from six months to 13 years old, in 2024.



59 kids received adaptive swim lessons tailored to meet their individual needs.

TEEN CENTER

A safe, healthy after-school space for guidance and support.

The YMCA OASIS Teen Center is a safe place for middle and high schoolers to enjoy a healthy snack, get homework assistance, and participate in organized activities after school. Teens also have the guidance and support of caring adults in the after-school hours when many children would otherwise go home to an empty house or fall prey to risky behaviors.

KIDS MAKE BETTER DECISIONS WITH THE HELP OF MENTORSHIP AND SUPERVISION.

The Y collaborates with local organizations, churches, and schools to identify areas of need, pool resources for programs, and share facilities, information, and best practices on matters related to child growth, development, and emerging challenges.

The OASIS is open Monday through Thursday during the school year and is free to all middle and high school students.



27

youth and teens, on average,
visited the OASIS daily during
the 2023-2024 school year.



HEALTHY LIVING

**Our goal is to engage, empower,
and motivate every person on
their health and wellness journey.**

The Y offers a wide range of programs, including fitness classes, nutritional guidance, group sports, and specialized programs for those diagnosed with chronic disease. The Y is dedicated to helping people improve their quality of life by improving their fitness, reducing stress, and connecting with others.

**“VOLLEYBALL AT THE SEWICKLEY Y
IS THE PERFECT WAY TO HAVE FUN,
GET SOME EXERCISE, AND MEET
NEW FRIENDS.”**

For the second year in a row, Adrianna celebrated her birthday with an active and fun-filled day at the Y. Last year, she and her friends powered through a high-energy group exercise class that left everyone feeling motivated. This year, she kept the tradition alive—this time, with some friendly competition on the volleyball court!

Adrianna Cephas
Age 38, of Ambridge
Living well at the Y



691

individuals
participated in
group exercise
classes in 2024.



THRIVE AT ANY AGE

Because healthy aging isn't just about adding years to your life—it's about adding life to your years.

The Y has a long history of supporting healthy aging through programs and classes designed to build a healthy spirit, mind and body. Strategically, our Y understood the need to expand our capacity to support our aging population today and in the future. Ready to do more, in 2024 the Sewickley Valley YMCA built the new 2,500-square-foot addition, the Thrive Center for Healthy Aging.

New programs like FallProof! fall prevention, Chair Yoga, Healthy Neck and Back, and Senior Conditioning accommodate a wide variety of interests and functional abilities.

The Thrive Center for Healthy Aging is possible because of generous support from the Oliver and Standish Families and the Valley Care Foundation.

"Our responsibility to the community is to address societal trends in ways that align with our mission," said Trish Hooper, CEO. "The Thrive Center for Healthy Aging expands the Y's capacity to support active, healthy and socially connected older adults."



AQUATICS

In the water, participants find strength, balance, and a sense of belonging—no matter the season.

YMCA aquatics programs are a vital resource for those looking to improve their health and maintain an active lifestyle. From water exercise, water aerobics, to lap swimming, our aquatics offerings increase strength, mobility, and cardiovascular health, all while reducing the risk of injury.

JUDY'S LIFELINE

The Y is a source of strength, connection, and family.

When Judith “Judy” Dillon moved to Sewickley in 2020, she was navigating deep loss. Her husband—a former collegiate swimmer and physical therapist—had recently passed away from Alzheimer’s. With no ties to the area, Judy sold their home and started over, not knowing a single person.

What she found at the Sewickley Valley YMCA was more than just a gym—it was healing, purpose, and connection.



1,832

individuals found support and relief through water aerobics, water exercise and lap swim.



Judy Dillon, age 69, of Sewickley, regains strength and finds a new beginning.

Judy first came to the Y seeking recovery. A long-standing ski injury had led to a hip replacement, and she joined water fitness classes, especially BBB (Bionic Baby Boomers), led by Aquatics Coordinator Paula Kwalick.

I rehabbed so quickly,” she recalls. “My orthopedic doctor was amazed. Even my husband, who was a physical therapist, would’ve been impressed. So many of the movements in the water mirrored what I had done in PT—it was just gentler.

After a second hip replacement, she returned to Paula’s class. “Now, I’m working toward deep water cardio. That’s the goal.”

Aquatics carries a deeper meaning for Judy. Swimming was a shared passion with her late husband, who swam three times a week. That connection lives on through her children and grandchildren. Her son’s family, living in Ben Avon, visits the Y nearly every weekend for family swim. Her grandson, Jacob, joined the swim team as a third grader and already misses the season.

The Y has become a family hub. During the pandemic, Judy’s daughter moved from Manhattan to spend the summer in Sewickley and ended up relocating permanently.

“The Y is a space for my entire family,” Judy says. “We swim, we connect—it’s become part of our lives.”

Judy has also begun exploring more Y offerings, like the Thrive Center for Healthy Aging, Senior Central, and Faith in Action. While she loves aquatics most, she’s also attended fitness classes and used the weight room. “It’s amazing how much is here for seniors like me,” she says. “And I can walk here from home.”

What keeps her coming back? “I’ll keep coming until I can’t,” Judy says. “This place has given me so much.” To her, the Y is more than a facility—it’s a lifeline. “It’s a place you can rely on,” she says. “For recovery, for family, for community. It’s a good place to be. Actually, it’s the best place to be.”



FAITH IN ACTION

Ensuring the elderly have access to essentials and medical care.

For 21 years, Faith in Action volunteers have provided transportation services to our aging neighbors to help them stay healthy, connected, and maintain their independence. This vital program supports local seniors—85% of whom are over the age of 70. The vast majority of care recipients have little or no family nearby to assist or support them.

TEENS CREATE THOUGHTFUL VALENTINE'S DAY GIFTS TO BRING JOY TO THE ELDERLY

Quaker Valley High School Key Club members recently gathered at the high school to spread love.

With pens in hand, the teens wrote heartfelt Valentines Day notes for care receivers of the Faith in Action program.

The notes, filled with special messages, are a small gesture that has a big impact on the emotional and mental well-being of our elderly neighbors, helping them feel connected, cared for and appreciated..



617

trips were provided to our elderly neighbors, so they could access medical treatments and healthcare.

99



volunteers donated their time in 2024 to support our neighbors in need.



SENIOR CENTRAL

For seniors and caregivers, the YMCA makes community resources readily accessible.

Thanks to a partnership with **Valley Care Foundation**, the Y expanded its senior outreach to include a free referral service for community-based resources. This provides older adults and their caregivers with access to local resources and consultation from Y staff to help identify appropriate services.

“I TRIED OTHER PLACES—NO ONE WOULD HELP. BUT HERE, THEY DID.”

Tom, a retired correctional officer on a fixed income, knows life would be harder without the Y. In addition to providing enriching, affordable programs for his grandchildren, Tom regularly turns to Senior Central for vital resources. Through the Y, Tom discovered healthcare benefits he never knew he was eligible for.

“There are so many things we don’t even know we qualify for,” he said. “I wouldn’t have found them without the Y.”

Tom Faherty
Age 63, of Neville Township
Y member and caregiver for his two grandchildren



249

individuals found support and guidance thanks to the new free referral service.

3



local lower-income senior highrises were provided off-site YMCA exercise programming for seniors



260

attendees explored up to **35** agencies at the Senior Expo, held in the Y large gym, which also offered health screenings and vaccines.

A SECOND HOME

From childhood swim lessons to senior socials, the Y offers a lifetime of meaning for Karen.

For Karen Parker, the Sewickley Valley YMCA was more than just a place to stay active—it was a cherished part of her life that shaped her personal and social well-being. For decades, the Y remained a constant, providing her with both physical benefits and deep, lasting friendships.

Karen, now 69, began her YMCA journey when her father brought her and her siblings for youth swim lessons. Though he had already taught them how to swim, he valued the structure and safety of the Y's swimming program. This introduction set the foundation for Karen's lifelong connection to the Y.

Karen renewed her membership nearly 20 years ago and has been a dedicated member ever since. She visits the Y at least four times a week, incorporating weight training, cardio, and afternoon swim classes into her routine. "I love coming here," she said. "I think it's a great Y. We're blessed to have it, blessed to live so close.



Karen, 69, of Sewickley, and her son, Michael, are pictured above with Joan Augustin, celebrating her 100th birthday.

The Y also became a social hub for Karen, where she built meaningful friendships over the years through Senior Socials, exercise classes and even conversations in the locker room. "You have different friend groups in life, and I have my friend groups from the Y," she shared. Whether catching up during workouts or being invited to social gatherings outside the facility, she found a strong sense of belonging. These relationships were not only enjoyable but also vital to her mental well-being.

Beyond her involvement at the Y, Karen was an active member of the Sewickley Music Club and the Sons of Italy. She previously participated in the Edgeworth Garden Club and the Women's Club

“When I’m out and about and I see someone from the Y, I’ll say to my husband, ‘Oh, I know them from the Y,’” Karen laughed.

but had to step back as life became busier. Still, despite her engagement in other organizations, she believes the Y holds a special place in her heart. “It’s different here, in a very good way,” she emphasized.

The staff and fellow members play another key role in her experience. Many of them, like Karen, have been part of the Y for years, reinforcing a sense of community and stability. “A lot of the staff have been here for a long time, and many members have been here for a long time, too,” she said. “That plays a big role in making this place feel like a family.”

Looking ahead, Karen envisions the Y remaining a part of her life for years to come. “I hope to grow old here,” she said with a smile. “I want to continue my friendships and keep working out—even if I have to lower the weights.”

For Karen, the Sewickley Valley Y isn’t just a facility—it’s her lifelong community, a second home, and a source of strength in every sense of the word.



Karen attends the Senior picnic, hosted by the Y.



Karen attends the Senior Expo to learn more about community resources.

FOOD SECURITY

Nutritious food and pantry staples are delivered to the community by YMCA volunteers.

YMCA volunteers pack and deliver boxes of healthy foods and pantry essentials to **100+ families each month** as part of the Y's Food to Families program. Plus, food pantries are located in Sewickley, Leetsdale, Fair Oaks, Ambridge, and Crescent, ensuring nonperishable items are available and accessible to residents 24/7.

“THERE’S A HIDDEN REALITY THAT MANY FAMILIES HERE STRUGGLE TO MAKE ENDS MEET.”

M.J. was one of the first to step up to help with YMCA food pantries, a program aimed at providing essential items to those in need, when it launched in 2022. Managing a Sewickley mini pantry, M.J. sees firsthand that the COVID-19 pandemic, job loss, and economic instability left many vulnerable.

“Food insecurity extends beyond meals—it’s about dignity and the ability to access basic necessities.”



M.J. Crane

Age 56, of Sewickley

YMCA member and pantry volunteer



38,800

pounds of food supported neighbors in need throughout 2024.

1,206



food boxes were delivered to local families identifying as food insecure.



Pam Pratt-Galik and Jessie Britton pack food at a QV Food to Families monthly distribution.

COMMUNITY OUTREACH

Through generous support, the YMCA helps children year-round.

132

kids and their parents had a **brighter Christmas, shopping for free at Santa's Workshop**, thanks to Doric Lodge #630, Angel Tree donors, Quaker Valley Family and Consumer Science class, Best Buddies, and hockey team.

150

kids **received free shoes and winter coats** thanks to Subaru Project Warm and the Driveway Subaru of Moon Township.

75

backpacks filled with **school supplies readied children** for their first assignment—coming prepared for the school year.

400+

campers **received free books for summer reading**, through the Quaker Valley Book Stop hosted by Quaker Valley School District and the Sewickley Public Library.



Volunteers gear up bikes for parents at Santa's Workshop to make their holiday shopping easier.



Top: Campers show off their new books.

Bottom: Staff members, Cori LaChapelle and Olivia Lalama lend a hand at the Subaru Operation Warm event.

VOLUNTEERISM

Supporters of the YMCA mission give back to make a positive impact in the community.

Donating their time and talents to support and uplift the community every day, YMCA volunteers are a positive force for change. Youth coaches, mentors, class instructors, Faith in Action drivers, food box packers, special event volunteers, and community leaders provide vital support and expand the Y's impact.

“THE Y COMMUNITY HAS GIVEN ME SO MUCH, AND I’M GRATEFUL FOR THE CHANCE TO GIVE BACK.”

The YMCA is a cornerstone for Tara’s family. “My kids love coming here,” she said. “Relationships I’ve built at the Y are invaluable. From staff who greet us by name to fellow parents and volunteers who have become friends, the sense of community is strong. Whether coaching, teaching, or simply supporting my kids, I strive to make a positive impact every day.”



Tara Viti
Age 42, of Sewickley Hills
Mother of three, YMCA member,
and volunteer for Food to Families
and Youth Swim Team



3,982

hours were donated
by **268** passionate volunteers who
shared their talents in 2024.



Former Board Chair and current volunteer Spin Instructor, George Morgan (far right), poses with the class after leading a class featuring a Woodstock-inspired playlist.

50 YEARS OF SERVICE

The Sewickley Valley Y recently celebrated a significant milestone with a very special member of our community, Brian Berry.

It all started in 1969 when Brian's family moved to Sewickley from Ambridge. "It was a place where all my friends were going," he said of the Y, "and I liked to play a lot of sports, so I joined the Y." Selling mints and stuffing envelopes to earn his membership and help the Y staff were some of his early memories.

Back then, there was only the Large Gym and a basketball court in the Hunter Gym. Brian recalled how people stayed in the YMCA's 10 single rooms.

Brian joined the Y staff in 1974 and has seen it grow with the community, adding new spaces and programs: child care, a wellness center, aquatics facilities, and more.

The YMCA's mission aligns perfectly with Brian's own life philosophy, and he encourages others to share their own unique gifts. "To me, this means being the best you can be, always giving back, and helping someone in need no matter how big or small. I live this every day."



Brian Berry, 71, of Sewickley, is a YMCA staff member and community legend. Brian celebrated 50 years as a Y staff member, his "home away from home," in 2024.

JERRY'S JOURNEY

For Jerry and his family, the YMCA is more than just a gym—it's a trusted place for fitness, healing, and support.

For two years, Jerry faced significant health challenges, including multiple injuries and surgeries. After hurting his lower back twice and undergoing surgery, he turned to the Sewickley Valley YMCA's stretch and core classes to aid in his recovery. "These classes helped me tremendously in getting back to my regular fitness level," he said.



Jerry Mercadante, 68, of Sewickley and a YMCA member.

Jerry also underwent open-heart surgery. Although he was initially prescribed six weeks of cardiac rehab, his progress was so strong that he completed the program in just two weeks. "It was agreed that I could do it on my own at the Y," he shared.

**From the moment you step through our doors,
you're part of something special.**

10,580

individuals belonged to the
Sewickley Valley YMCA last year.

264,841

member visits were recorded at the
Sewickley Valley YMCA in 2024.

ANNUAL GIVING CAMPAIGN

Thank you for supporting the YMCA's mission!

In 2024, **417** YMCA and community donors gave **\$273,590** to help provide scholarships, fund essential programs, and foster a community where **EVERYONE BELONGS!**



1 of every 5

campers received a YMCA scholarship, helping to cover the cost of Summer Day Camp and make camp affordable for all, regardless of their financial circumstances.

184

scholarships were awarded helping people of all ages learn to swim so they can stay safe in and around water.

\$126,324

of assistance was awarded in 2024 to support **38** children attending Child Care at the Y, so their parents could continue to work.

\$347,603

in assistance was awarded to **928** individuals and families, helping create safe, welcoming spaces—no matter what challenges they are facing.

GIVING

**Honoring our 2024 donors:
thank you for your support.**



Chairman's Round Table: Donors who contributed \$1,000 or more

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Mr. & Mrs. Robert Burnham

Dr. Verna Corey

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Mr. & Mrs. Jonathan DiLorenzo

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Mr. & Mrs. William Zinsser



In October, YMCA members and staff celebrated Spider-Man Day in memory of the late Elmer Bohr. Elmer was a fixture at the Y and in the community.

Benefactor: Donors who contributed \$500 - \$999

Mr. & Mrs. David Becker

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Mr. & Mrs. Daniel Wilson

Mr. & Mrs. Joseph Wilson, III



The Sewickley Y's Sea Dragons Youth Swim Team made a splash, competing against swimmers from Uniontown Y and the Richard G. Snyder Y in Kittanning.

Sustainer: Donors who contributed \$250 – \$499

Dr. Frances Amatucci

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HEALTH AND RESILIENCE AT THE Y

At 61, Bill Taylor of Oakdale achieved a remarkable health transformation, with the Sewickley Valley YMCA playing a pivotal role. In March, Bill reached his weight loss goal, dropping his BMI below 40, which allowed him to undergo his first hip replacement. Dedicated to his recovery, he continued to work out at the Y, preparing for his second hip surgery. Now, with two new hips, Bill feels like a completely different person—energized and full of life. It's all thanks to his hard work at the Y and the support he received along the way.

Bill Taylor

Age 62, of Oakdale

YMCA member and
Wellness Champion



GIVING

Strengthening Communities: Corporate and Foundation Giving



Andson Fund

Bimbo Bread

BNY Mellon Community Impact

Calgon Carbon Corporation

Child Health Association of Sewickley

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Thomas Marshall Foundation

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Valley Care Foundation

W. P. Snyder III Charitable Fund

Wheelhouse Family Foundation

Wildman Chalmers Design

THE HERITAGE CLUB

Make an impact on generations to come.

When you include the Y in your estate plans or make a legacy gift, you're not just making a donation—you're creating a lasting impact that will benefit future generations.

The Heritage Club recognizes individuals who make this commitment, ensuring that our mission to nurture children's potential, promote health and well-being, and support our neighbors continues for years to come.

As part of the Heritage Club, you're helping to build a stronger, more connected community—one where everyone can belong, thrive, and grow.

If you've already included the Sewickley Valley YMCA in your estate plans or want to learn more, contact Amy Richardson, YMCA Director of Development and Communications, at 412-741-9622 ext. 108 or arichardson@sewicleymca.org.

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