



**#STAYWITHUS**

New Jersey YMCA's



## YMCA OF MEWSA UPDATES

During this time of uncertainty, the YMCA of MEWSA hopes that this e-newsletter finds you and your families healthy and safe during this challenging time.

Many things have changed within our everyday lives, impacting work, home and life. The YMCA of MEWSA has had to acclimate every aspect of the way we do business and get creative on how we intend to continue our mission. Here's a glimpse at some of the ways we've been staying in touch and providing services to our members and the community since the COVID-19 crisis began.

### HOW THE Y IS RESPONDING TO COVID-19



#### Stay With Us Campaign

As we are forced to close our doors due to COVID-19, we strive to continue our mission. Our "Stay With Us" campaign gives a message of hope, endurance and resilience as we reach out to our members and our community during these unprecedented times. [#staywithus](#)

### Emergency Child Care Services Being Provided to Essential Workers



YMCAs across the country are responding to COVID-19 by offering emergency child care services to first responders, healthcare workers and other essential employees in accordance with Governor Murphy's Executive Order No 110. We are happy to report that the Edison YMCA branch was certified by the Department of Children and Families to provide these services that not only cover frontline staff, but also workers like grocery store clerks, bus drivers and more. The program launched on April 6th and currently there are 12 children enrolled in the program and we have engaged back seven staff to help care for the children to date.

Enhanced safety measures have been put into place to ensure the safety of the children and our instructors including having children dropped off at the front door, doing health screenings prior to entry, increasing cleaning and sanitizing practices and having group sizes no larger than 10 and practicing social distancing whenever possible. The children are asked to bring their own food, snacks and supplies to prevent cross-contamination. This program is open to the community.

If you know of someone who is in need of these services, please refer them to <https://www.ymcaofmewsa.org/child-care/emergency-child-care-services> for more information.

---

## In the News!



We were very excited that our emergency child care services were covered by News 12 New Jersey! See our spotlight [HERE](#).



---

## Reaching out to our Seniors

We are very aware that our elderly population is at severe risk during this time. In order to ensure that they are okay, a staff person has been assigned to call every senior member to find out how they are doing and they are in need of anything during this time. Many of them are grateful



for the call or just to have someone to talk to for a few minutes!

## Grant Received from John Ben Snow Foundation

We are happy to report that the John Ben Snow Foundation has awarded the YMCA of MEWSA a \$5,000 grant to support the emergency child care services program. This much-needed funding will cover the costs of personal protective equipment (PPE), cleaning products to clean, sanitize and disinfect the classrooms, antibacterial wash and staffing costs. It will also help to offset registration fees for underserved families. Thank you for helping make this program possible, John Ben Snow Foundation!



## RESOURCES

FOR  
FAMILIES  
AT HOME

## RESOURCES FOR YOU

Many of our families reached out to us, wondering what they could do at home for the children since schools are closed. The YMCA of MEWSA created a list of activities and educational resources for youth to enjoy and then expanded this to include resources for teens, the entire family and seniors. Please check out some of the links below which are updated on a weekly basis.



**ACTIVITIES FOR  
CHILDREN**



**ACTIVITIES FOR  
TEENS**



**ACTIVITIES FOR  
SENIORS**

Resources for children include Helping Children Cope, Story Time, Arts & Crafts, Game Time, In the Kitchen, Educational, Home Activity Kits and Fitness For Kids. Resources for teens include activities such as Origami, Fun Science at Home, Learn a New Language and Cooking at Home. For seniors, we have included resources such as Brain Games, Card Games, Medications Delivered to Your Door, NJ Gov Senior Services and Maximizing Medicare. There are also Daily Tips for the entire family, as well as Mental Health & Wellness resources. Visit <https://www.ymcaofmewsa.org/membership/resources-for-families-at-home> to see all the resources.



## WAYS YOU CAN HELP

### Face Masks Needed

Help us help our community. Saint Peter's University Hospital is in need of surgical masks and is asking volunteers to sew masks. The masks need to mold around the nose and have the ability to insert a filter. A guide to making such a mask is available by clicking [HERE](#).

There are other ways to support the COVID-19 Response Fund at St. Peter's including making a donation, holding a fundraiser or sending essential items.

Click on the attached flyer for more details.

**the Y YMCA** **ALWAYS HERE FOR OUR COMMUNITIES**

Help us help our community. Saint Peter's University Hospital is in need of surgical masks and is asking volunteers to sew masks. The masks need to mold around the nose and have the ability to insert a filter. A guide to making such a mask is available by clicking [HERE](#). Local craft and fabric stores sell remnants online and offer curbside pick-up. For additional information please contact Jim Choma at 732-745-8581 or at [JChoma@saintpetersuh.com](mailto:JChoma@saintpetersuh.com).

The below link also provides more detail on needed items as well as ways to support the COVID-19 Response Fund at St. Peter's including making a donation, holding a fundraiser or sending essential items.

[www.saintpetershcs.com/covid19donate](http://www.saintpetershcs.com/covid19donate)

Masks may be dropped off at:  
YMCA of Metuchen, Edison,  
Woodbridge & South Amboy  
Association Office  
483 Middlesex Avenue, Metuchen  
Monday-Thursday  
10:00am-4:00pm.

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

### Donate Blood

There is a severe shortage of blood during this time. This is not due to COVID-19 patients needing blood products, but rather to people being quarantined or being afraid to donate blood. Because of this, donations have plummeted from a 1-2 week inventory to a 1-2 day inventory for most of the country. Blood Centers are very clean environments and healthy people are needed to give blood donations.



The YMCA of MEWSA will be holding blood drives on the following dates/locations:

June 28 at the Metuchen YMCA

July 6 at the Edison YMCA

If you are interested in donating blood, please contact Bobby Kleinau at [bobby.kleinau@ymcaofmews.org](mailto:bobby.kleinau@ymcaofmews.org).

## Food Drive

The First Presbyterian Church Food Pantry is in need of your help. Donations of non-perishable food items are needed to ensure that families in our communities have access to safe, nutritional food in the midst of COVID-19. This crisis has closed schools and most community centers, creating a gap for children and people who are at high risk including seniors and those with chronic conditions. Many families are barely making ends meet, exacerbating the problem of having access to healthy food.

Food can be dropped off at the YMCA Association Office or at the Food Pantry. Donations will be accepted from Monday through Thursday, 10:00 a.m. to 4:00 p.m.

the YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**ALWAYS HERE FOR OUR COMMUNITY!**  
**MIDDLESEX COUNTY  
FOOD DRIVE**

At the Y, we exist to strengthen our community.  
First Presbyterian Church Food Pantry is in need of our help.

Donations of non-perishable foods are in need at the Metuchen Food Pantry at the First Presbyterian Church, 270 Woodbridge Avenue, Metuchen.

- Canned Goods
- Peanut Butter
- Jelly
- Pancake Mix
- Syrup
- Snacks for children
- Juice
- Boxed milk
- Rice/Pasta/Beans
- Soups
- Canned Meats
- Mac & Cheese
- Crackers
- Tea/Coffee/Hot Chocolate
- Hot/Cold Cereals
- Diapers

**WHEN:** M-R 10am-4pm  
**LOCATIONS: FOR DROP OFF**

**YMCA OF MEWSA** 483 MIDDLESEX AVE METUCHEN, NJ 08840  
**FOOD PANTRY** 270 WOODBRIDGE AVE METUCHEN, NJ 08840

**A TOGETHERHOOD Project**

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

United States®  
**Census**  
**2020**

## Complete the Census

An easy way to help strengthen our community during this time is to complete the [2020 Census online](#). The Census is an important tool that helps determine how billions of dollars in federal funding flow into states and communities each year. This equates to health clinics, fire departments, schools, roads, highways and more. To learn more and complete the census, click [here](#).

the



**Woodbridge & South Amboy**

483 Middlesex Avenue, Metuchen, New Jersey 08840  
732-516-9200 | [www.ymcaofmewsaj.org](http://www.ymcaofmewsaj.org)