

# BOARD NEWSLETTER



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

YMCA OF Metuchen, Edison, Woodbridge & South Amboy  
Office of Rose Cushing, President & CEO

## June 2016 ★ Board of Directors Update

### YMCA 96TH ANNUAL DINNER

The YMCA's 96th Annual Dinner was held on May 4th at the Pines Manor in Edison to celebrate and recognize some of the individuals who have made a significant impact towards the mission and goals of the YMCA.



Bruce Peragallo, Chairman, started off the night by congratulating all of the award recipients on their outstanding accomplishments and service to the YMCA. He noted that he is humbled by the dedicated and committed individuals that work with our families everyday. He also commended Rose Cushing, President & CEO, who has set a positive tone for the association, and provided excellent leadership

during what could have been a difficult time for the Y. He expressed that he is honored to represent a Board of Directors who are committed to the YMCA mission. He was happy to report that, "Because of the strength of the Association, and the hard work put in by our leadership, staff and volunteers, I stand before you today to tell you that the YMCA of MEWSA and our Child Care facilities are strong!"

Following the Chairman's remarks, Bruce Malinowski, son of John Malinowski, was pleased and honored to hand out the John Malinowski Awards on his father's behalf to four very deserving young individuals who have proven themselves as young leaders with a passion for hard work and for making a difference. Those individuals are:



Anthony Balistreri  
Child Care Services

Cory Matthew  
Edison YMCA

Kelsey Tonery  
Metuchen YMCA

Matthew Rapach  
South Amboy YMCA

To these fine young teens, we say "Congratulations on a job well done!"

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### DID YOU KNOW?

Whistleblower policies are required under federal law and the Form 990 asks whether our YMCA has adopted a whistleblower policy.

A whistleblower policy and reporting procedure demonstrates good governance and ethical practice. It allows individuals to come forward with information on illegal and unethical practices without fear of retribution or retaliation.

Our Board adopted a whistleblower policy in early 2000 and reapproves it annually.

## ANNUAL DINNER (continued)

Lorraine Mulligan then presented the Charles S. Edgar Award to Bill Lovett, noting that before, during and after his tenure as YMCA CEO & President, Bill has been a true champion of the YMCA goals and mission. His impact on the community has been far-reaching and diverse, and his visionary thinking allowed the creation of a number of first-time programs and opportunities for the community.



Bill accepted the award and looked back fondly at his many years at the Y and noted, "I always thought that the Y has to be and is compelled to be a force for good



in the community." Bill said that his final thoughts as he was moving on from the Y was that he was privileged to be a part of a couple of chapters of a wonderful story that still has more to be written. He noted that at a time when there is so much divisive rhetoric, the

Y stands for a society that is welcome and accepting of all. His parting comment was, "I am your biggest fan, I love this Y, and I love you all."

Katie Barnes presented the Peter J. Barnes, Jr. Community Champion Award to Mickey Gross. She pointed out that Mickey has been an active politician and community leader for many years, and serves as an example for others of leadership, integrity and the



core values of the Y. In accepting the award, Mickey looked back fondly on his childhood growing up in a Y, and noted that it gives him incredible pleasure knowing that our Y serves thousands of kids every year and offers them a safe place to play in a good environment. His recommendation to all towns who might not have a Y was..."Get one!"

Rose Cushing, President & CEO, presented her President's Message to the group, pointing out that it is our mission to serve communities and whether you are a government official, Y volunteer or staff member, it is our passion and commitment to serve our community that is the common thread that binds us all together. She noted that the individuals being honored tonight exemplify what it means to dedicate



yourself to making our community better. She also noted that we rely on the community to let us know what they need and that their input and involvement is crucial to the success of our Y and our programs. As Rose pointed out, "We don't know what the next five years is going to bring, but we will go through it together, shoulder to shoulder, bettering communities, creating opportunities that make a positive difference in resident's lives, fostering their well being, teaching them skills, and showing them how to better meet their individual needs."

The evening was made complete by a spirited and uplifting performance by the Col. D.B. Kelly Pipes & Drum Band who gave very moving renditions of "Amazing Grace" and "God Bless America".



Overall, it was a very inspirational, encouraging and motivating evening. Special thanks to Katie McAdoo and Jeanine Costa who worked long days, nights and weekends tirelessly in organizing this event and making the evening a perfect one!

# HEALTHY KIDS DAY

Judith Berg-Friel, Denise Brown and Ginny Kania, three school nurses from the Sayreville School District, along with Beth Helsby, Director of the South Amboy YMCA (pictured below) attended the Johnson & Johnson School Health Leadership Program (J&JSHLP) last August. Their goal was to develop a plan to increase the physical activity of the



students and families in the Sayreville community. The American Academy of Pediatrics recommends that children participate in 60 minutes of vigorous exercise daily, but only 20% of American children reach this goal (CDC, 2008). Although the Sayreville Community has many parks and recreation areas for children, many are underutilized. Last year, the South Amboy YMCA, the local YMCA for Sayreville, had its annual "Healthy Kids Day" and only 11 families attended, despite extensive marketing.

Partnering with the South Amboy YMCA has been a win/win situation. Sayreville School District has benefited from all the resources that the YMCA has, and the school district has assisted in connecting the school community with available resources. The Sayreville team received a generous grant from J&JSHLP to augment the cost of the "Healthy Kids Day" an annual YMCA event, which has expanded to a Health Fair as well. The Sayreville School District administration, Arleth School Principal Robert Preston and Superintendent Dr. Richard Labbe have been supportive in this endeavor and receptive in the promotion of this alliance. The team invited many stakeholders in the Sayreville community to attend, such as the Lion's Club, Middlesex County Health Department, South Amboy Fire Department as well as many local community and Health organizations. Michele Jenkins from the Sayreville School District Food Services department provided healthy snacks as well as recipes to participants. Surveys were distributed to collect data on how we can further assist the Sayreville community to increase healthy behaviors.

To increase family participation, the Arleth Elementary School chorus performed at the beginning of the day and the Arleth PTO volunteered with the many planned physical activities. Sayreville Memorial High School students: Elena Lobo, Abigail Levine, Abryanna Hernandez and her mother,

Glady Rivera, Joseline Mosquera, Brianna Sealy, Katelyn Lenihan, Eesha Imran, Mikayla Pangulayan, Ameerah Omari, Crystal Herbert, Dhara Kaple, Harsh Kadakia, Anus Ahmad, and Breanna Bonilla volunteered as well.

"Healthy Kids Day" was a huge success. The YMCA activities included family Zumba, bouncy house, swimming as well as full use of the YMCA facilities. Flyers and email blasts promoting "Healthy Kids Day" were sent to all the elementary school students and families in our district. A total of 142 families attended the event (16 Y Members, 98 Non-Y members, 28 didn't report). There were a total of 376 people in attendance; 156 Adults and 220 children.

Partnership with the YMCA has benefited the Sayreville School District in other ways. The YMCA has provided funding to Emma Arleth Elementary School to purchase the Coordinated Approach to Child Health or CATCH program. This Physical Activity program, recommended by CDC, will



be used as a structured recess program which will increase physical activity in students at Arleth by 15 minutes daily. Staff training to implement the program was included. This will be a pilot program that can possibly be expanded to the other elementary schools in the future. The YMCA has a program that provides a free year membership to all seventh grade students in the area. Our district was unaware of this program before our partnership with the South Amboy YMCA. We have started to promote this program and encourage seventh grade students to take advantage of this resource.

The tools that the Sayreville Team received from J&JSHLP and the subsequent generous grant has enabled us to develop and implement a program which will have a positive effect on increasing the physical activity for students in our community. Our team plans to continue to develop other healthy programs that will benefit our school community.



# RUTGERS UNIVERSITY PROGRAMMING ASSOCIATION

The Rutgers University Programming Association (RUPA) is the university-wide student programming council that serves the entire Rutgers community. RUPA provides a variety of events appealing to the diverse student body on all five campuses, such as concerts and comedy shows with internationally known artists, the Annual Homecoming Charity Bed Races, entertaining lectures and performances, art projects, and much more.

RUPA students arrived at our Oakcrest Camp and Swim Club April 23<sup>rd</sup> to lend a helping hand in our Spring cleaning! Tables and chairs were taken out of storage, bathrooms refreshed, the grounds were cleaned and other helpful chores were completed around the property. The team was orchestrated by Tom McCabe, Facilities Director for Edison and South Amboy.

Cindy O'Neill, Director of Operations at the Edison YMCA, received this thank you in the mail: *"Thank you for giving Rutgers students the opportunity to work with your site. We appreciate all you do for the community. Our students had a great time and we look forward to working with you in the fall. Signed, The RUPA Community Service Committee."*



The Edison YMCA also responded with a big thank you from our Y to Rutgers! A good time was had by all!

## 2016 BOARD MEETINGS

JUNE 22



SEPTEMBER 28



NOVEMBER 16



DECEMBER 14

## STAFFING UPDATE



**T**ERRI GADANI has returned to the YMCA as Site Supervisor at our Avenel Learning Center location. Terri previously worked for the YMCA as Director at the Ken Shirk Child Care Center, so she

already brings to the table several valuable years of service and expertise. Her educational background includes a Bachelor's degree in Early Childhood Education and her Master's degree in Reading. She also has lots of experience as a caretaker, since she is the mother of three active boys! We are very excited to have her energy and passion for educating children back on our team! Welcome back, Terri!



**A**NGELICA CAUSING has joined the Y as the new Membership and Marketing Director for the Metuchen YMCA. She formerly worked at the Edison YMCA as a Member Service Representative,

and then as Membership Coordinator at the Somerville and Bridgewater YMCA. Angelica received her Bachelor's degree in Communication and Psychology from Rutgers University in New Brunswick. Angelica's goal is to become the face of membership, and to get members excited about what the Metuchen Y offers. We know you're going to do a great job, Angelica!

## CHILD CARE UPDATE



more programs, Grace and the Edison YMCA. NAEYC is the nation's leading organization of early childhood professionals.

Programs received NAEYC Accreditation after an on-site visit by NAEYC Assessors to ensure that each program meets all ten program standards.

Those standards reflect the latest research and best practices in early childhood education and child development. NAEYC Accreditation is a concrete indicator that our programs are offering high-quality education in a nurturing and stimulating environment.



## ANTI-BULLYING DAY AT THE EDISON Y



Wayne Blum, SACC Child Care Director at the Edison YMCA, organized an Anti-Bullying Day on Wednesday, May 25th which was hosted by the Edison Police Department. Lt. Dudash spoke to the children about the different types of bullying, where and how it occurs, and how anyone can be a victim. He also talked about what children can do if they notice someone being bullied and how they can report the incident without feeling threatened. There were about 45 children in attendance, and they were very receptive to Lt. Dudash's presentation.



Lt. Dudash has been invited to return in October to speak again with the third grade children on this very important topic.

## ALLIANCE CEO INSTITUTE

Rose Cushing attended The NJ YMCA State Alliance CEO Institute Training on May 5th and 6th, 2016, held at the Oyster Point Hotel in Red Bank, NJ. The NJ YMCA State Alliance monitors critical public policy issues, fosters statewide communication among YMCAs and collaborating nonprofit partners, and coordinates statewide initiatives aligned with the Y's three focus areas: youth development, healthy living, and social responsibility.

Rose attended the following courses on Thursday: "Preparing for the Worst: Managing Major Crisis" presented by David Ozmore, CEO, YMCA of High

Point, NC and "Crisis v. Consequence Management" presented by Suzy Loughlin, Co-Founder and CAO, Firestorm Solutions and Blair Neville, Principal Firestorm Solutions. She also attended the following courses on Friday: "Managing Millennials" presented by Dan Weir, Director of Camping Services, Frost Valley YMCA and Lindsay Hutchinson, Director of Camp Waywayanda, Frost Valley YMCA, and "Seeing the Opportunity in Data" presented by Betsy Lenahan, VP Business Intelligence & Data Analytics, Y-USA. Rose found all of the sessions extremely informative and enjoyed networking with other YMCA leaders during these two days.

# TOGETHERHOOD

**Togetherhood** is Y-USA's signature program for social responsibility. Launched nationally in 2014, it aims to help Y member volunteers be actively involved in projects that benefit their communities. The YMCA of MEWSA introduced **Togetherhood** in its Metuchen Branch in May 2015 and – one year later – reports solid results. "We're off to a great start," said Marie Patterson, Director of Operations in Metuchen, "in our initial year, over 50 volunteers pitched in on 5 projects. We're grateful to them and pleased with what they achieved."



Through **Togetherhood**, these volunteers helped a veterans group relocate to new headquarters, formed a partnership with the area's leading literacy agency to foster English as a Second Language education, collaborated with borough leaders and police on a vital safe-streets initiative,

supported a church group during its key fundraiser, and cleaned a lake area and park on Earth Day.



**Togetherhood** is completely volunteer run, with YMCA member Paul Edgcomb serving as chair of the program's Service Committee. "Marie Patterson and Branch Senior Program Director Chrissy Tolley provide the leadership," said Paul, "the Service Committee identifies areas, events, and projects where Y support can make a difference, and matches volunteers to them." "Everyone—individuals, communities, the Y itself—benefits from **Togetherhood**," said Chrissy, and we'll continue to build it in Metuchen and expand it to Edison in the coming year."

# EDISON 54TH ANNUAL MEMORIAL DAY PARADE

The YMCA was thrilled to participate in Edison's 54th Annual Memorial Day Parade. Master Sgt. Ray Muniz, retired U.S. Army, said the turnout for the parade every year warms his heart. "It's a beautiful parade and to see a lot of people come out makes us proud to be veterans," Muniz said. He said the parade reminds us what Memorial Day is all about. "We remember all of those who are not here today because they gave the ultimate sacrifice for our freedom and so we can be here today," Muniz said. "I myself have a brother and brother-in-law who served and fought in Vietnam and are not here today."



The grand marshal of the parade was Air Force Master Sgt. David G. Tingle, who is also a 13-year veteran of the Edison Police Department. Tingle rode with his family in an antique car in the front of the parade and threw candy to the children as he drove by.



The parade also featured the Kearny-based St. Columcille United Gaelic Pipe Band, marching bands from both township high schools, Edison High School and J.P. Stevens High School, and other local organizations and businesses.

# UPCOMING EVENTS & MEETINGS

## JUNE

June 7	<b>RICHARD HALE YMCA MEMORIAL GOLF OUTING</b> Metuchen Golf & Country Club	10:30 a.m.
June 9	<b>PRE-K OUR WAY MEETING</b> South Amboy YMCA	6:30-8:00 p.m.
June 10	<b>YMCA KID'S NIGHT OUT: INSIDE OUT</b> South Amboy YMCA	6:30-9:30 p.m.
June 10	<b>ASSOCIATION OF Y PROFESSIONALS ANNUAL RECOGNITION LUNCHEON</b> McCloone's Pier House, Long Branch	10:00—2:00 p.m.
June 12	<b>EDISON FAMILY DAY</b> NJ Convention and Expo Center	11:00 a.m.—4:00 p.m.
June 14	<b>FINANCIAL DEVELOPMENT COMMITTEE MEETING</b> AO Conference Room	5:00 p.m.
June 16	<b>FINANCE COMMITTEE MEETING</b> AO Conference Room	6:00 p.m.
June 22	<b>BOARD OF DIRECTORS MEETING</b> Wernik Room	5:00 p.m.



## JULY

July 1	<b>PROPERTY COMMITTEE MEETING</b> AO Conference Room	2:30 p.m.
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