

# BOARD of DIRECTORS NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

## June 2017 ★ Board of Directors Update

### 96TH ANNUAL YMCA DINNER MEETING

The YMCA's 96th Annual Dinner Meeting was held on May 3rd at the Pines Manor in Edison. YMCA volunteers, donors, staff and key community leaders gathered to look back at the YMCA activities in the past year and learn about the vision for the Y in the coming year.

The Y also said goodbye to two long-standing Board members: Lucinda Florio and Maria Tomaro, but we also welcomed three new Board members: Alka Aneja, Letitia Coughlin and Brian Porter.



Also of note were the evening's honorees—the Honorable James Florio who received the Peter Barnes, Jr. Community Champion Award and Patricia Wiley, who received the Charles S. Edgar Award. Governor Florio spoke poignantly about the importance of people helping people in the community. "During this

time of great change, one thing that has not changed is the American innate commitment to a sense of community", said former Governor Florio. "Whether it be a large or small community, it is important to understand that the collaboration of people helping other people is the essence of American life, and we need to remember to really value that."

Bruce Peragallo, Chairman of the Board, spoke of the importance of volunteers to the YMCA, including staff, Board members, Togetherhood, and our many youth volunteers, all of whom contribute to the cause of the Y. "From those who babysit, serve on a Board or Committee, paint faces on kids at street fairs, or hold the hand of somebody donating blood, please know that your work has not gone unnoticed and, simply put, without you, our work would not be possible", Bruce noted.



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### DID YOU KNOW?

June 6 marked the 173<sup>rd</sup> anniversary of the Y - a global organization that began with a simple but powerful idea: a strong, supportive community can help people build healthier, happier lives. Since its founding the Y has grown into one of the world's largest volunteer organizations, renowned for its commitment to helping people of every background reach their potential.

## 96TH ANNUAL YMCA DINNER MEETING (cont'd)

Another highlight of the evening was presenting the 2017 Malinowski winner awards. This year's recipients were Johna Sbailo of the Edison Y, Kathleen Sabo of the South Amboy Y, Gabby Bing of the Metuchen Y, and Azmavet Almonte of Child Care. (pictured left to right).

These four young adults exemplify the core values of the YMCA—caring, honesty, respect and responsibility—in their jobs and everyday lives and are very deserving of this reward.



The evening was the Y's opportunity to reflect on all the people who uphold the values of the Y, and to celebrate their contributions which allow us to sustain and further our cause to the community.

### Some other memorable moments from the evening



# AUTISM SWIMS WRAPS UP ITS FIRST SESSION

The very first Autism Swims class at the Metuchen YMCA wrapped up its first 8-class session! All of the children received a "Swimming Award" for their hard work and diligence in learning new swimming techniques.

Danica Lindsey, Aquatics Director at the Metuchen YMCA, was happy to report that over the course of the lessons, there was marked improvement in all of the children. Even Jay, who was afraid to enter the water at first, was swimming in the deep end with Danica by his 4th lesson.

The children were very excited to receive their awards, but were also very sad to see the lessons come to an end. Special Education Teacher Megan Mahoney said they plan on coming back again in the new school year for additional lessons.

Classes will continue at the Metuchen and South Amboy YMCA's, with a second class being offered at South Amboy due to the large number of children who registered for the class.



# CHECK PRESENTATION FOR SCRATCH GRANT

On May 22nd the Provident Bank Foundation presented a check for the YMCA's Scratch Program, a program designed to help children ages 8-16 learn programming language in a fun way by designing interactive computer video games and sharing them with others in an online community. This grant will enable the Y to offer increasingly difficult levels of Scratch, and also be able to offer it to the other branches and child care centers. Also being considered is Scratch, Jr. for 5-7 year olds. Thank you, Provident Bank Foundation!



L. to r. Gabe Rosario, First V.P., Market Manager, Provident Bank, Paul Casey, George Dailey, Rose Cushing, Jane Kurek, E.D. of Provident Bank Foundation, Geoff Sisko, Craig Levine, Cindy O'Neill and Wayne Blum, SACC Child Care Director

Some of the children with Wayne Blum, SACC Child Care Director, were on hand to greet the Provident Bank executives and even made signs for them showing their gratitude!

## HEALTH BEE

On May 15th, for the fifth year in a row, the YMCA participated in United Healthcare Health Bee competition. Four schools from our area—Edgar Middle School, Herbert Hoover, Woodrow Wilson and South Amboy Middle School competed against each other in a Jeopardy-style game designed to get children excited about health, fitness and nutrition. Two 20-minute rounds of questions were given, with the first round eliminating two teams. All of the teams worked very hard, and the event was fast-moving, exciting and suspenseful!



The first place winner was Woodrow Wilson, winning \$1,000 which will support health and fitness programs at their school. Of note is that Edison Board member Sangeeta Lekhi's son Krishna was on the winning team which makes her very proud! The second place winner was Edgar School, winning \$500. The School Spirit Award went to South Amboy Middle School with a prize of \$250 and the Herbert Hoover students won gift certificates for winning the Pop Culture speed quiz. All of the children were given backpacks filled with goodies and the Y provided sandwiches, snacks and water for the children.

A special thanks to Chrissy Tolley of the Metuchen Y for coordinating the event with United Healthcare and volunteers Barbara Verikas, Tanita Nelson, Johna Sbailo, Pam Cohen and Veronica Vargas! It was a great way to showcase Y programming while bringing local schools together to foster team-building skills while having fun and learning important facts about health and wellness!

## AYP RECOGNITION LUNCHEON

On June 9th, Y staff attended the 30th Annual Association of Y Professionals Recognition Luncheon, honoring Y staff that have made a significant contribution to the Y movement either through strong leadership, inspiring others or going above and beyond their professional job description. This year we are thrilled to announce that Sue Chanese, Aquatics Director at the South Amboy Y, received the Program Leadership Award! Sue was recognized for her outstanding ability to introduce unique programming into SAY such as Enhance Fitness and the "Swim with Santa" event. By focusing on customer service and increasing interaction with parents, Sue was also able to double the number of swim program participants in one year! Sue has also taken on



the role of Senior Director, adding on the responsibilities of Wellness Director and supervising numerous staff members, with the goal on improving quality and safety for members. Sue has positively impacted all three areas of the Y: healthy living, social responsibility and youth development and is well deserved of this award. Congratulations, Sue!!

## YMCA PARTNERS WITH MACY'S!



The YMCA has partnered with Macy's for a marketing promotion to support the Y camp scholarship program. From May 14-21, customers who purchased a \$3.00 shopping pass received a 25% off coupon. The Y will receive 100% of the \$3.00 donation, plus 70% of the amount raised at each store. We recently received word from Macy's that nationwide, the promotion netted a total of \$900,000! Individual store fundraising information for each Association will be available at the end of June.

*Katie McAdoo pictured with associates of Macy's Store in Menlo Park Mall*

## SEND A KID TO CAMP SCHOLARSHIP FUND CAMPAIGN



*-By Katie McAdoo*

As you know the start of our 2017 summer camp season is right around the corner. In an effort to engage donors who may have missed the Annual Support Campaign we will run a "mini" campaign to support summer camp scholarships. This campaign will kick up after golf, giving us a chance to publicly recognize those who sponsored and supported the golf outing while reaching out to others in our community who may not have yet made a gift to the YMCA this year. It will end on June 30. Please see below for details.

### 2017 Send A Kid to Camp Scholarship Fund Campaign

**When:** June 7 to 30, 2017

**Why:** 1. To highlight the need to support YMCA Summer Camp Scholarships  
2. To recognize 2017 Golf Outing Sponsors

**Target:** Individuals who did not give to the 2017 Annual Campaign but not to include donors who typically support the 5K and Tot Trot.

**How:** After the day of golf this mini-campaign will be highlighted on the website, in branches, through a press release and on our social media.  
Campaign brochures will be available the week of June 5. A sample is attached.

I will provide Board volunteers with lists of their prospects who did not submit a pledge for the 2017. For those association and branch board members who did not identify prospects for the 2017 ASC I will ask for three to five names of folks they will solicit. That communication will occur the week of June 5.

Once again, my team, and those who benefit from your efforts to support Y scholarships, are grateful for all you do to make a better us.

## RARITAN BAY WATERFRONT BEACH SWEEP



On Saturday, April 22<sup>nd</sup>, dozens of volunteers came out to help clean up the Raritan Bay Water Front as part of [Clean Ocean Actions Beach Sweep](#). Volunteers walked up and down the beach collecting garbage and debris that needed to be discarded properly. But it's not just about getting rid of this unsightly and harmful debris. Valuable data about the debris is collected and recorded and used to advance federal, state and local programs to reduce litter and protect fish and wildlife.

*-Contributed by Nicole Miller*

*Representing the Y from l. to r.: Jay Elliot, Nicole Miller, Roxann DeVoe and our new friends Sindhu and her dog, Abby.*



The Edison YMCA was proud to participate in this year's Memorial Day Parade in Edison on Sunday, May 28th.

*L. to R.: Cindy O'Neill, Mariam Ali-SACC, Angelica Pellone-SACC, Nihal Degala-Volunteer in Enrichment Sports*



### UPCOMING BOARD OF DIRECTORS MEETINGS

SEPTEMBER 27



NOVEMBER 29



DECEMBER 20

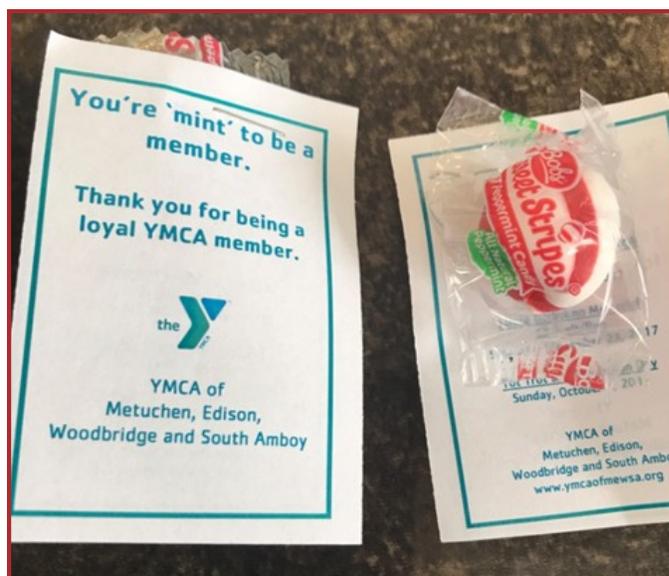
## MEMBER APPRECIATION AT THE SOUTH AMBOY Y

To celebrate Member Appreciation Month, the South Amboy Y had a promotion for any member who scanned into the Y during the month of May. Each day they scanned in, they were entered into a drawing to win three fabulous prizes. The more times members visited the Y, the more chances they had to win.

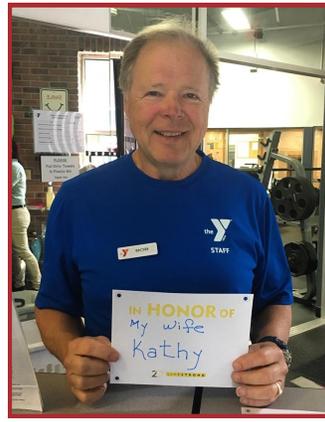
First Place prize received a free month of membership, Second Place received a free personal training session, and Third Place received a gym bag with YMCA goodies.

On Wednesday, May 17<sup>th</sup>, staff gave out mints to all of members as a small token of their appreciation.

*-Contributed by Beth Helsby*



# LIVESTRONG® DAY AT THE Y



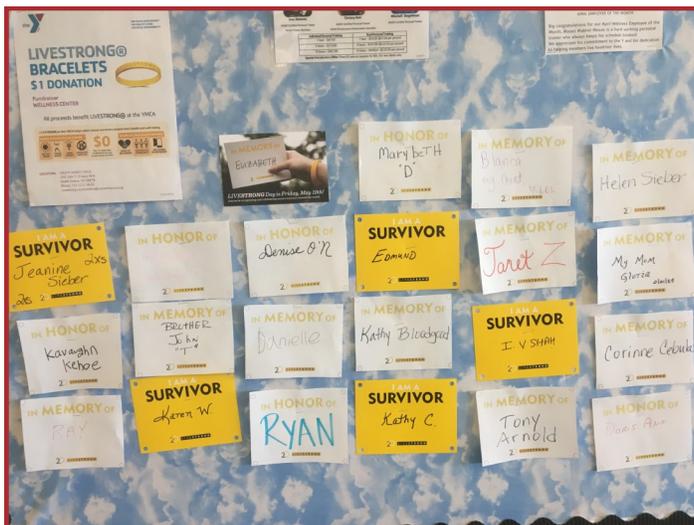
Friday, May 19th was national LiveSTRONG® Day, a day that pays tribute to all of the cancer warriors around the world. The YMCA branches commemorated the event by having tribute cards available for members and staff to recognize themselves or loved ones by proudly displaying “Survivor”, “In Memory Of” or “In Honor Of” which were posted on a live feed on the LiveSTRONG® [website](#) and shared through social media with the hash tags #honorthefight and #livestrongday.

Pictured above (l. to r.) is Lynn Harkness, Jenny Smith, Bob Smith and Renee Watkins, of the Metuchen Y. Bob’s wife, Kathy, (also Jenny’s mom), went through the LiveSTRONG® at the YMCA program. He is now a Y staff member and aspires to continue the fight by becoming an instructor for the LiveSTRONG® program.

Yellow wristbands were given to all of those who participated, and they were also encouraged to join in the [Janice Garbolino Memorial 5K Run/Walk](#) on September 3rd.



*-Contributed by Hannah Thomas, Beth Helsby and Cindy O’Neill*



*South Amboy posted all of the tribute cards on their Wellness bulletin board until the end of May.*



*Dean Seda, Edison Health & Wellness Director, talks to members and distributes information on the Program and the Janice Garbolino 5K.*

## TOGETHERHOOD UPDATE

By Paul Edgcomb

### The "R" in Recent is Like the "R" in Rain!

We had great *Togetherhood* response from Y members to two recent requests for volunteer assistance in our community, although – despite our plans to help – rain interfered with both events.

The Metuchen Chamber of Commerce asked for help with the annual Metuchen Memorial Day parade on Monday, May 29. Eleven Y members and two Y staff were set to take on early-morning, pre-parade responsibilities to get the parade off to a successful start. As well, five Y members were set to help during post-parade ceremonies and entertainment at Memorial Park.

Unfortunately, rain that was forecast turned into reality, the parade had to be cancelled, and our volunteers were not needed in 2017. Next year!

Rain continued to spoil planned *Togetherhood* initiatives on Saturday, June 3. That day, seventeen Y members and two Y staff were ready to help the Middlesex Greenway Coalition celebrate National Trails Day. Our group – eleven adults and eight teens – was to attend opening ceremonies at the Greenway Trailhead and then proceed out on the Greenway with gloves and trash bags to remove Knotweed, an invasive species of plant present at many points along the 3.5 mile Greenway.

Although volunteers weren't able to tackle the Knotweed on June 3 itself, plans are underway to reassemble the group, recruit others, and return to the Greenway at a future date to remove as much of the invasive plant as possible.

### The "U" in Summer is Like the "U" in Upcoming

This summer *Togetherhood* volunteers will be holding two drives – a food drive that will run throughout July and August and a blood drive to be held on Saturday, July 22.

The food drive – *Hunger Doesn't Take a Vacation* – will be run out of both the Edison and Metuchen branches of the Y.

More details on these summer initiatives in the next newsletter.

## SAVE THE DATE!



**Y RUN?**  
Calling All Superheroes!

**2017 Janice Garbolino  
Memorial 5K Run/Walk**

**SATURDAY, SEPTEMBER 23, 2017**  
**BENEFITTING OUR LIVESTRONG PROGRAM!**

Race begins at 8:30am

Post-Race Awards at 9:30am

Roosevelt Park in Edison, NJ

Pre-Registration: \$30 through noon on 9/22/17

Race Day Registration: \$40 beginning at 7:30am

[Online registration now open!](#)

## WHAT IS....THE YMCA!!

If you happened to watch the game show Jeopardy on May 17th, you were treated to the YMCA being a featured clue on this popular television game! The contestant who answered the question correctly won \$1,200.

**MORE THAN  
THE TITLE OF  
A DISCO HIT, IT HAS  
2,700 LOCATIONS &  
600,000  
VOLUNTEERS JUST IN  
THE UNITED STATES**



## INDUS BANK MEET AND GREET

A community outreach Meet and Greet was held at the Indus American Bank in Edison with the purpose of bringing together members of the community who work with and for non-profits to discuss their role in the community and how these different organizations can collaborate together to bring vital services to the community.



Cindy O'Neill with Rekha Sarathy of Indus American Bank

There were 22 community organizations from Edison represented at the meeting allowing for the vital exchange of information that was beneficial to both the organizations and the community. *-Contributed by Cindy O'Neill*

## ANOTHER SUCCESSFUL ESL CLASS AT METUCHEN Y!

Seen here surrounded by his class, volunteer Tom Zimmerman (center) has completed yet another ESL session at the Metuchen Y. Tom noted that all the students expressed their appreciation and gratitude for this wonderful opportunity, and are looking forward to attending future classes!



And thank you, Tom, for donating your time for this worthy cause!

*-Contributed by Marie Patterson*

# LIFEGUARD TRAINING



*Metuchen Aquatics Team*



*Edison and Oakcrest Aquatics Team*

On May 20<sup>th</sup>, the Aquatic Teams from the Metuchen, Edison and South Amboy YMCA's gathered for a joint in-service training at the Hoppel Pool at the Metuchen Y. During this training, our staff viewed videos from the American Red Cross that focused on changes to back boarding and extraction procedures. Our staff were able to practice these new skills with their co-workers and get pointers from our trainers. While recognizing that the content of these trainings can be intense, we incorporated a lifeguard competition to promote fitness, teamwork and fun.

The first challenge was the tug-of-war in which one team of 6 had to pull the other entire team past the center line in the shallow end of



the pool. The second event was the brick relay which required speed and endurance. The guards had to carry a 10 pound brick while swimming on their back to the deep end (25 yards) and swim back. The next guard had to swim to the brick, retrieve from 9 ft and swim it back 25 yards. The final event was the Trivia Contest which was very challenging and quite revealing.



*South Amboy Aquatics Team*

The winners of the Lifeguard Competition were the Metuchen Branch. It was a day of learning AND fun!

*-Contributed by Marie Patterson*

**Check out our next newsletter for some great pictures and a full write-up on the Richard Hale Memorial Golf Classic event!**



## NATIONAL SENIOR HEALTH & FITNESS DAY AT SAY

Wednesday, May 31<sup>st</sup> the South Amboy YMCA hosted National Senior Health and Fitness Day. The Lion's Club conducted eye exams, Raritan Bay Medical Center conducted Blood Pressure Screenings and Stroke Risk Assessments and provided participants with information and promotional giveaways. The YMCA conducted Senior Fitness Assessments and handed out healthy living resources provided by the National Institute on Aging. Members were also invited to attend group exercise classes, including a demo of Enhance Fitness.



*-Contributed by Beth Helsby*

## FAMILY FLICK-N-FLOAT AT SAY

On Friday June 2nd, the South Amboy YMCA hosted it's first Family Flick-n-Float. The feature movie of the evening was Disney's Moana. Family were welcomed to come and float on their rafts or noodles while the movie played. As you can see in the pictures, the children had a fabulous time! *-Contributed by Sue Chanese*



## SOUTH AMBOY SACC CHILDREN'S GARDEN PROJECT



Becoming productive community members is important to the South Amboy SACC children. The children created a think tank and decided that what is most important in our community is making sure everyone has something healthy



to eat and everyone has a friend. Through the City Green and Shop Rite Grants, the children planted a variety of fruits and vegetables in our YMCA garden boxes. To make sure everyone has a friend, our SACC children visited the Venetian Senior Center and helped the seniors make a healthy yet tasty treat, fruit pizza!

*-Contributed by Krystyn Gallant*

## EDISON'S 27TH ANNUAL FAMILY DAY

Edison's 27th Annual Family Day was held on Sunday, June 11th at the NJ Convention and Expo Center. Edison and Metuchen YMCA staff was on hand to celebrate the day with local communities and families and to promote summer camp, membership, programs and Oakcrest Pool. The day was filled with activities such as a Health Fair with free screenings, rides, crafts and music, a magician, face painting and more. The event was

*Kristine Rosko (Edison Membership & Marketing Director, Qumora Shumate (Edison SACC staff/Camp Counselor, Samantha Dzema (Camp Counselor) and Angelica Causing (Metuchen Membership & Marketing Director), give the nationally recognized "YMCA" hands!*



*Qumora Shumate and Samantha Dzema, of the Edison Y, and Bradford Lindsey, of the Metuchen Y are excited to be a part of the event.*

sponsored by the Edison Municipal Alliance/Youth Services Commission. Many families talked to Y staff to find out about the programs that the Y has to offer.

As clearly evidenced in the pictures, YMCA staff exude their usual exuberance at a community event. Not shown but also present at the event were Chrissy Tolley, SACC/Camp Munsee and Oakcrest Director and Barbara Verikas, Membership and Marketing Director for Metuchen.

*-Contributed by Kristine Rosko*

## Y STAFF RECEIVE TRAINING

On June 2nd training was held for YMCA staff at the beautiful South Amboy YMCA facility which was moderated by Y-USA trainers and paid for by the Metuchen Municipal Alliance. Morning training focused on Emotional Maturity and helped staff recognize, understand and manage emotions in the workplace. Afternoon training focused on Mental Health First Aid and taught staff how to identify, understand and respond to signs of addiction and mental illness and how to help someone who may be experiencing mental health or substance abuse challenges. Both training sessions were informative and interesting.



# UPCOMING EVENTS & MEETINGS

## JULY

- 7 **PROPERTY COMMITTEE MEETING**  
Association Office  
9:30 a.m.
- 19 **JOINT BRANCH BOARD MEETING METUCHEN/EDISON**  
Oakcrest Swim Club  
8:30 a.m.

## AUGUST

- 4 **PROPERTY COMMITTEE MEETING**  
Association Office  
9:30 a.m.
- 9 **SOUTH AMBOY BRANCH BOARD MEETING**  
South Amboy YMCA  
6:30 p.m.
- 20 **KID'S DAY AT THE FARMER'S MARKET**  
Jade Dynasty Parking Lot  
925 Amboy Avenue, Edison  
Time TBD

