

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 2018 ★ Board of Directors Update

2018 ANNUAL DINNER

The YMCA's 97th Annual Dinner meeting was held on Wednesday, May 2nd at the Pines Manor in Edison. The event highlighted YMCA initiatives as well as recognizing those who have shown leadership and support in our three focus areas of youth development, healthy living and social responsibility.

George Trapp, Chair of the Board Governance Committee, reported on the Board, welcoming three new Board members: George Dailey, Sharon List and Glenn Gawronski. However, he noted that we bid farewell to Michael Patterson, a long-standing Board member and Y supporter.



Bruce Peragallo, Chairman,
YMCA Board of Directors

Two deserving individuals received the highest honors of the evening with Zusette Dato receiving the Peter J. Barnes, Jr. Community Champion Award and Lorraine Mulligan receiving the Charles S. Edgar Memorial Award. Both deserving individuals spoke poignantly about their "Y story".

Bruce Peragallo, Chairman of the Board, spoke of how when he began his journey with the Y it became a personal mission to use this opportunity to engage the youth at Metuchen High School, where he serves as Principal. He also acknowledged the outstanding efforts of Lorraine Mulligan and Zusette Dato, and lauded the countless volunteers, community partners and donors who make the Y "better together". "Great leaders know that they cannot realize great accomplishments alone", said Bruce. "By forging new partnerships each year, we can continue to make meaningful change in our communities. Because of you, there are no limits to what we can do."

Rose Cushing, President & CEO, noted that our goal remains on strengthening the community, which can only be done with steady leadership and building strong values for children and families. "I pledge to you that we will continue to lead this charge so that our Y does its best for the people in our communities", Rose commented.

Also presented were the Malinowski Youth Employee awards, which goes to outstanding youth employees who exemplify the core values of the YMCA: caring, honesty, respect and responsibility in their jobs and everyday lives. The recipients this year were Giovanni Spataro from the South Amboy YMCA, Jillian Dela Cruz from the Metuchen YMCA, Sam Marshall from the Edison YMCA, and Samantha Brannigan from Child Care Services.

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DID YOU KNOW?

Exceptional boards cultivate cultures of trust and candor among members and between the board and staff leadership. Boards must also have willingness to share information openly with one another--even when they see issues from very different perspectives. Exceptional boards also feel free to respectfully challenge one another's assumptions and conclusions, encourage lively discussions, and navigate complex issues with empathy and ease. Cultures like these do not just happen- they are intentionally shaped by cultivating, recruiting, developing and engaging members who possess Emotional Maturity, one of the six Board Leadership Competency Model®.

For more information on the Board Leadership Competency Model®, [click here](#).

2018 ANNUAL DINNER



RYAN PATTERSON SCHOLARSHIP AWARD

Congratulations to Gabriela Flis, winner of the 6th Annual Ryan Patterson Scholarship Award for 2018! This award goes to a student from a local high school who is also a youth member of a YMCA branch and is pursuing a higher education. The \$2,000 grant is dedicated in the memory of Ryan Patterson, who believed that every child should be provided with the opportunity to sparkle.

While all applications are redacted to ensure anonymity, coincidentally, both Gabriela and her mom, Ana Flis work at the Metuchen Branch! Ana serves as the Billing Coordinator at the branch and Gabriela is a Member Service Representative. Marie Patterson noted that it was gratifying to see one of their own "Y Kids" receive the scholarship this year, since they work so hard and epitomize the core values of the Y: respect, caring, honesty and responsibility.



L. to R.: Michael Patterson, Danielle Patterson, Marie Patterson, Gabriela Flis, Ana Flis, Simon Flis and Rose Cushing

Gabriela is a student from Edison High School. She will be attending Rider University in the fall, and plans to major in English with a minor in Psychology and Women and Gender Studies. Gabriela notes that she would like to write about how bias behaviors in our society negatively impacts minorities and women and how mental illness is becoming an increasingly pervasive yet often overlooked societal problem. In her spare time, Gabriela likes to read both fiction and nonfiction books. Her favorite book is "To Kill a Mockingbird".

CHILD CARE SERVICES HONORED BY JFK

On Friday, May 4th, YMCA Child Care Services was the recipient of an award from Hackensack Meridian Health at their Career Options Day, sponsored by JFK Vocational Rehabilitation. YMCA Child Care Services was honored as a long-standing partner with the JFK Career Development Program, where young adults with disabilities are hired to work with the children at some of the Y Child Care Centers.



Erin Siemers and Cindy Shields,
Child Care Directors

As part of the honor, Child Care was provided an exhibitor table at the fair free of charge so that they could provide program and services information to the public.



L. to r.: Ellen Kurtz, JFK, Cindy Shields, YMCA, Erin Siemers, YMCA, Robert Rios, JFK volunteer, Anne Schiadareasis, NJ Department of Labor, Ed Hoff, NJ Transit

Congratulations to Y Child Care Services for being great role models in social responsibility!

UNITED HEALTHCARE HEALTH BEE



The sixth annual United HealthCare Health Bee competition was held on April 19, 2018 at Woodrow Wilson Middle School. Four local middle schools joined the competition, including Herbert Hoover, Edgar, Woodrow Wilson and John Adams.

The competition is a Jeopardy-style game designed to get children excited about health, fitness and nutrition. Category questions included Physical Fitness, Food and Nutrition and General Health and Science.

The first place winner was Herbert Hoover, winning \$1,000 to support health and fitness programs at their school. Edgar Middle School placed second, winning \$500 for their school and Woodrow Wilson won the School Spirit Award of \$250. John Adams won an honorable mention.

"The Health Bee is a great collaboration that allows us to continue to work with our local schools and keep our commitment to prevent and educate children on childhood obesity", said organizer Christine Tolley of the Metuchen branch.

Other YMCA staff that volunteered that night included Barbara Verikas and Pamela Cohen from the Metuchen branch, Mary Valera from the South Amboy branch and Veronica Vargas from the Association Office.



Students from the winning school, Herbert Hoover, proudly display their \$1,000 check

METUCHEN HOSTS FAMILY MOVIE NIGHT



On Friday, May 18th, Metuchen hosted its second Family Movie Night, hosted by the Teen Leaders Club and Aquatics Department. Families and kids enjoyed activities including face painting, fun with hula hoops and toys, and lots of dancing! Twelve Leaders Club members volunteered for the evening's festivities, leading the kids in fun line dances. The kids then enjoyed watching the movie "Coco" on the big screen, while enjoying pizza, popcorn and water. All in all, a very fun, successful evening!

-Contributed by Barbara Verikas

OUR SAVIORS HOLDS ART AND TALENT SHOW

At Our Savior's Learning Center, the students showed their talent by performing and creating works of art. Their teachers proudly displayed their artwork by making creative booths. By the end of the night, most pieces were sold! Staff and volunteers even baked tasty treats to sell at the event. They did not stay on the tables for long! The staff and students worked hard to make this event a success and to support a worthy cause.

-Contributed by Shyby Joy



UPCOMING BOARD OF DIRECTORS MEETINGS

JUNE 27



SEPTEMBER 26

SOUTH AMBOY Y JOINS BEACH SWEEP



L. to R.: Caiden Casale, Zusette Dato, Beth Helsby, Jay Elliot, Charles Tomaro and Mickey Gross

On Saturday, April 21st the City of South Amboy joined with the Clean Ocean Action organization for its annual Beach Sweep event at the Raritan Bay Water Front Park.

The program was launched in 1985 to rid beaches of unsightly and harmful debris.



Participants collect and record valuable data about debris, which is presented in annual reports and used to advance federal, state and local programs to reduce litter. Since 1985, over 5.9 million pieces of debris have

been removed from New Jersey's

beaches and waterways.

The event was organized by the South Amboy Green Team and Beth Helsby, Director of Operations at the South Amboy Y, participated in the event, representing the Y and reaching out into the community.



L. to R.: Jay Elliot, Dan Harris, Craig Coughlin, Janice Skokowski and Beth Helsby

-Contributed by Matt Kaefer

SAY RECEIVES NEW RECORD BOARD

On April 24th, the South Amboy YMCA Cyclones Swim Team unveiled its new record board, which is displayed in the pool. The record board comes as a result of all the hard work that the team put into fundraising this season.

"I am very proud of our fundraising efforts this year to provide the team with a record board," says Head Coach Scott Moehl, "This is something we have worked on over the past three years. This will help each swimmer strive to beat the existing records and push each other throughout the years to come."

Thank You To The Sponsors:

New Jersey Reality Advisory Group
All Star Orthodontics
Susan Chanese
Katy LaCerra
The Moehl Family
The Kakadelis Family
The Tobin Family



Matt Kaefer, Aquatics Coordinator and Sue Chanese, Aquatics Director, admire the new record board

-Contributed by Matt Kaefer



Congratulations to the Metuchen-Edison YMCA Manta Ray Swim Team graduating seniors!



L. to R.: Adama Nathoo, Ashima Sharma, Shay Mallik (not shown-Michael Stanaway)

EDISON PARTICIPATES IN HEALTHY LIVING DAY

The Edison YMCA partnered with Triple C Housing in a Healthy Living Experience at the Roosevelt Park Camp Kiddie Keep Well on May 30th. Mayor Lankey was present to kick start the event. The Edison Y gave a presentation to the Triple C Housing residents on camp, membership and pool membership with added information on scholarships and how the YMCA never turns anyone away for the inability to pay. It was stressed that the Y is a cause driven organization and emphasized the healthy benefits the Y has to offer.



Eric Meshirer and Mike Tivey

After the presentations, Amazon donated household goods for the residents. The Edison Y was happy to partner with Triple C Housing and looks forward to future events.

-Contributed by Cindy O'Neill

SAY LEADER'S CLUB VOLUNTEERS AT VENETIAN

On Wednesday, April 25, 2018 the South Amboy Teen Leaders Club volunteered at the Venetian Care & Rehabilitation Center to do arts and crafts activities with residents of the facility. A total of 12 seniors participated. The seniors had fun using Popsicle sticks, buttons, decorative tape, glue dots and magnets to make picture frames that they could hang up in their rooms. They also helped the seniors make bookmarks out of clothespins and decorative tape. The teens then sat with the seniors to talk to them about other activities they would be interested in doing when they return next month.

The teens left feeling very good about themselves and being able to give back to the community and learning how to better serve others. "I am very proud to know these young people because they gave willingly of their time for others," said Mary Valera, Program Director at the South Amboy YMCA. "As a group we look forward to going back to the Venetian in May to play board games, which is the activity that the seniors requested."

-Contributed by Mary Valera



MIDDLESEX COUNTY YMCA MEETING

On Tuesday, May 29th, the three Middlesex County YMCAs: the Raritan Valley YMCA, Raritan Bay YMCA and YMCA of MEWSA, came together to discuss the possibility of shared services and to deepen their vision to make stronger communities. The meeting was led by the three CEO's to discuss the new Y-USA membership standards and how the Y's can make a collective impact on our communities.



METUCHEN SACC CHILDREN GIVE BACK



Metuchen SACC children participated in the Color A Smile project, an organization that distributes cheerful drawings to senior citizens, our troops

overseas, and anyone in need of a smile! The children really enjoyed coloring knowing they will brighten up someone's day!

The Middlesex County YMCA meeting was well attended with over 40 participants from the three YMCAs.

<bits & pieces>

Check out our new column in the newsletter! These tidbits will give you a quick glimpse into what is happening at our branches and child care centers!

New TRX classes at Edison are a huge success!



Metuchen staff and Leaders Club get ready to celebrate Healthy Kids Day!



Metuchen kids celebrate Cinco de Mayo by making guacamole and mango salsa.



South Amboy staff prepare for Healthy Kid's Day!



Building strength and creating friendships at the LiveSTRONG Program at Edison Y!



A healthy food demonstration at South Amboy's Healthy Kid's Day.



Edgar Early Ed children trace a friend to learn about the human body.



Metuchen Kindergarten and Pre-School Children Create Recycled Art



Staff at Our Saviors Learning Center pledge to speak out to protect children.



HEALTHY U SYMPOSIUM

On Friday, May 18th, YMCA staff attended the Healthy U Spring Symposium at MetLife Stadium in East Rutherford. The symposium celebrated 10 years of Healthy U and receipt of the CATCH Award for Excellence in Statewide Health. Healthy U began in 2008, when the Horizon Foundation for New Jersey and the NJ YMCA State Alliance partnered to create this program aimed at preventing childhood obesity. Healthy U uses the CATCH (Coordinated Approach to Children's Health) fitness and nutritional learning curriculum in the Y's Early Learning Centers, After School Care and Summer Camp Programs.



The day's events included a CEO Roundtable, physical activity workshops, CATCH games and Yogapalooza, to discuss how to incorporate yoga and mindfulness with music, activities, tips, tools and creative relaxation. Y staff in attendance included Rose Cushing, President and CEO, CATCH Masters Bradford Lindsey, Christine Tolley, and Pam Cohen and CATCH Champion Meghan Doriety.

-Contributed by Christine Tolley

METUCHEN STREET FAIR



Marcus Farris, Barbara Verikas, Bradford Lindsey and Angelica Causing talk to the community

The Metuchen Street Fair was held on Sunday, May 20th and the Metuchen YMCA staff was out in full force to interact with members of the community! They spent the day meeting new people and sharing information on YMCA camp, membership, swim lessons, sports and enrichment programs.

As a fun wrap-up to Safety Around Water Month, "Stacey" left the Metuchen lobby to join the crew at the fair, and was recognized by many! Metuchen staff had a great time

incorporating something silly into their daily routine to draw attention to aquatic safety this past month. Members loved it too!



"Stacey"

-Contributed by Barbara Verikas

IMPORTANT DATES

Richard Hale Memorial Golf Outing
June 5

Spring II Session
April 24-June 18

Summer Session II
July 24-August 27

Oakcrest Summer Camp
Begins June 25

Summer Session I
June 19-July 23

Day of Camps-Oakcrest
July 17

STEP IT UP CHALLENGE

The Metuchen and Edison YMCA's recently participated in a Step It Up Challenge, joined by 15 other YMCAs in the state. The goal was simple: encourage people to walk more and use the stairs more. Most of the tracking was done with fitness devices or apps that the participants already owned, but if needed, the Y supplied pedometers. From April 21-May 12 people tracked their steps and encouraged each other via a Facebook group to keep walking. Throughout the course of the program, small incentive prizes were given for completing various small tasks. The prizes were YMCA drawstring bags, YMCA PopSockets, and one person won a free personal training session. Everyone who participated and turned in steps at the end of the three weeks received a "Step It Up" t-shirt. A Walkability grant was given to Ys by the CDC to help run this program.

The results were staggering! Metuchen had 22 participants, who walked 6,589,848 steps, totaling approximately 3,295 miles! Edison also had 22 participants, who walked a total of 3,582,899 steps, totaling approximately 1,792 miles! Combined, they would have walked from New Jersey to California and back!

YMCA staff reports that the participants enjoyed the challenge and are asking for more challenges like this, stating that it was very motivational!

-Contributed by Hannah Thomas and Deborah Wider

YMCA VOLUNTEERS HELP OUT ON EARTH DAY

On Sunday, April 22nd, volunteers from the Edison and Metuchen YMCA branches had volunteers at the 8th Annual Edison Earth Day Celebration, intended to inspire awareness and appreciation for the Earth's natural environment. The Metuchen Teen Leaders Club joined forces with the Togetherhood volunteer group to help clean up Papaiani Lake, walking around the lake to pick up litter and then enjoying Italian ices and some laughs together! By talking and



Five Leader Club members and Togetherhood volunteers clean up Papaiani Lake

interacting with other teens, the Leaders Club was also able to recruit six new members for their club.



The Edison YMCA set up a table to discuss and give out information on summer camp, programs, membership, child care and Oakcrest Pool. There were also tables for the Togetherhood Program and Diabetes Prevention Program.

What a great way to give back and promote all of the Y's focus areas: youth development, healthy living and social responsibility!

-Contributed by Barbara Verikas and Kristine Rosko

GETTING OAKCREST READY

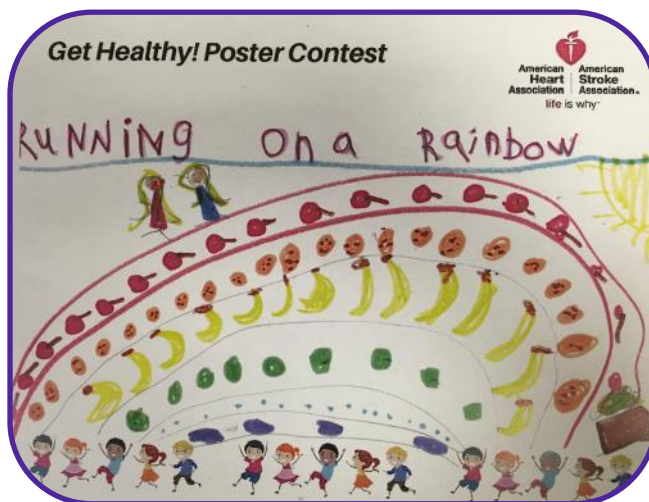
It was all hands on deck on Friday, May 25th at Oakcrest Camp! With the pool opening the next day, it was time to get the camp in shape! Several staff members volunteered to spend their day helping Cindy O'Neill and Eric Meshirer clean up the camp instead of sitting behind a desk. They raked, weeded, planted flowers, power washed chairs and garbage cans, mulched areas, removed dead tree limbs and whatever else it took to beautify Oakcrest! It was exhausting work, but very rewarding and the camp looked beautiful when the gates opened the next day!



Staff included: Rose Cushing, Tara Francis, Beth Helsby, Matt Kaefer, Mariam Lesnewski, Rosemary Orlandini, Marie Patterson, Ernie Scapolatempore, Hannah Thomas, Christine Tolley, Veronica Vargas, Barbara Verikas.

AND THE WINNER IS...

The Kindergarten Extended Day children at the Metuchen YMCA participated in a contest for the **American Heart Association's 2018 Get Healthy! Poster Contest**. The children designed posters to demonstrate how physical activity and healthy eating helps build healthy hearts, healthy families and healthy communities. The posters were submitted in April for the contest and it was announced in May that Maya Yassine's poster had won third place in the Kindergarten to 2nd grade age group in the state of NJ! Coincidentally, Maya also just happens to be granddaughter of YMCA Board member Paul Edgcomb, who couldn't be prouder! Maya was rewarded with a \$25 Dick's Sporting Goods Gift Card and an American Heart Association Goody Bag. Congratulations to Maya and all of the children who submitted posters!



-Contributed by Pamela Cohen

UPCOMING EVENTS & MEETINGS



JUNE

5

RICHARD HALE MEMORIAL GOLF OUTING

Metuchen Golf & Country Club

Check-in: 10:30 a.m. Tee Time: 12:30 p.m.

6

BOARD GOVERNANCE

AO Conference Room—5:30 p.m.

12

FINANCIAL DEVELOPMENT

AO Conference Room—12:00 p.m.

13

SOUTH AMBOY BRANCH BOARD MEETING

South Amboy Branch

15

IT COMMITTEE

AO Conference Room—9:00 a.m.

20

FINANCE COMMITTEE

AO Conference Room—6:30 p.m.

27

BOARD OF DIRECTORS

Wernik Room—5:30 Fellowship/6:00 p.m. Meeting

JULY

13

PROPERTY COMMITTEE

AO Conference Room—9:00 a.m.

18

EDISON/METUCHEN BRANCH BOARD MEETING

Oakcrest Family Swim Club

970 Inman Avenue, Edison

Association

Edison

Metuchen

South Amboy

