

BOARD of DIRECTORS NEWSLETTER



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

May 2017 ★ Board of Directors Update

ANOTHER SUCCESSFUL ANNUAL SUPPORT CAMPAIGN!

April 7th marked the end of yet another successful Annual Support Campaign for the YMCA of MEWSA. The event was commemorated at the Campaign Celebration held on April 12th at the JFK Social Center in Edison. Bruce Peragallo, Chairman, praised the hard work of Katie McAdoo, Director of Association Advancement and Lucinda Florio, Chair of the Campaign, along with the 73 campaigners and countless others who have contributed to the success of the campaign. "I was nervous when I heard the goal amount this year", Bruce noted, "however, I was never nervous about the ability of the staff and Board to raise it."



Bruce Peragallo presents flowers to Lucinda Florio

"This campaign is about taking care of the community", said Rose Cushing, President & CEO, "and every person involved in the campaign or who made a donation ensured the Y's ability to do that." She commended all the branches and child care centers for coming up with innovative fundraisers that made a difference.

Lucinda added that the success of the campaign means being able to say "Yes!" to those families and individuals who need it most. Lucinda wrapped up the night with her favorite quote, "It's all about the kids!"



Katie McAdoo was thrilled to announce that this year's campaign totaled \$221,916.84, over \$5,000 more than goal!

Kudos to everyone who worked on the campaign to make it a great success!!

INSIDE THIS ISSUE

2017 Campaign Celebration	1
Did You Know?	1
Harriet Tubman Contest Winner	2
Sarah Hardy Does it Again!	2
SAY Celebrates St. Patty's Day	2
Metuchen Fundraiser	3
Grant Received from Allstate	3
Cinco de Mayo at SAY	3
Social Responsibility Conference	4
Health Fair on the Greenway	4
Easter Egg Hunt at SAY	5
Month of the Young Child	5
Staffing Update/News	6
Cycling for M.S. at Metuchen Y	7
RPM Scholarship Award Winner	7
Togetherhood Update	8
Hidden Heroes Membership Discount	9
Barnes & Noble Book Fair	9
Health Kids Day	10
YMCA Golf Classic	11
Edison's Early Ed Loves Animals	11
Upcoming Meetings/Events	12

DID YOU KNOW?

Did you know that there's so much going on at the YMCA of MEWSA that we can't even fit in the Did You Know column?

HARRIET TUBMAN CONTEST WINNER!

Gabriella S. winner of the YMCA's Harriet Tubman contest, proudly displays her Barnes and Noble gift card which she received for receiving the most "likes" on her essay about Harriet Tubman.

The YMCA, to celebrate Black History Month and to highlight the achievements and contributions of individuals from diverse backgrounds, sponsored a contest on Harriet Tubman, a civil rights activist and abolitionist during the Civil War. Students enrolled in the YMCA School Aged Child Care Programs were eligible to participate in the contest, crafting a meaningful social media post about the life and legacy of Harriet Tubman. With the assistance and supervision of YMCA staff, the student's posts appeared on YMCA social media, ready to be "liked" or "shared". Gabriella's post received the most likes, winning her the B&N gift card! The students not only learned the dramatic influence Harriet Tubman had on American history, but also learned how to use social media responsibly to share ideas, opinions and information. This was Gabriella's winning post:

"As a member of the human race no one has done something as extraordinary as Harriet Tubman. Originally named Araminta Harriet Ross, she was born in Dorchester County, Maryland. Harriet Tubman was born a slave and escaped slavery in 1849 using the Underground Railroad to get to Pennsylvania, a slavery-free-state. She became a conductor in the Underground Railroad helping more than 300 slaves escape. Harriet helped during the Civil War by taking care of injured soldiers, being a spy for the north and helped the military rescue over 750 slaves. Her nicknames were Minty, Moses, and General Tubman. She died on March 10, 1913 in Auburn, New York. She was a brave woman never to be forgotten."

Congratulations Gabriella!



SARAH HARDY DOES IT AGAIN!

Congratulations to Sarah Hardy who swam with the MEY Swim Team in the Y National Championships. Sarah placed 20th in the 200 backstroke, 8th in the 400 IM and 7th in the 200 IM. There were a total of 200 teams represented and MEY finished 34th for women with 23 points. Sarah continues to excel in her sport and making headlines. We are so proud of her!

-Submitted by Marie Patterson



Sarah with her coach Jim Petrozziello (left) and teammate Andrew Galarza.



SOUTH AMBOY CELEBRATES ST. PATTY'S DAY!

On Sunday, March 19th, the City of South Amboy held its Annual St. Patrick's Day Parade. With the help of some awesome

volunteers (including Board of Directors members Anthony Conrad & Jay Elliot) and staff, the South Amboy YMCA was represented in the parade with a wonderful float.

The YMCA of South Amboy continues to show its presence in the community to promote programs, membership and camp to individuals and families.



-Submitted by Beth Helsby

“ANY FIN IS POSSIBLE” METUCHEN FUNDRAISER



Ever creative, Metuchen Y staff Danica Lindsey, Bradford Lindsey and Brian Blondet decided to hold a fundraiser called “Any Fin is Possible...With Your Help”. They decorated the corridor leading to the Hoppel Pool in an ocean theme, calling it the “Tunnel Aquarium”. They then sold “fish” in three sizes, \$1 for a small Minnow, \$5 for a medium Angelfish and \$10 for a Great White Shark. The donor could either color the fish themselves, purchase a pre-colored fish, or create a fish or other sea creature of their own. Chrissy Tolley reports “the fundraiser collected \$454 in scales, I mean sales...for the Annual Support Campaign.” Great job, guys!



GRANT RECEIVED FROM ALLSTATE FOUNDATION



Thank you to Allstate volunteer and Edison Branch Board member Pratibha Katariya for being a positive force for change in our community. Pratibha Katariya gave of her time and enabled us to receive an Allstate Foundation Helping Hands in the Community grant in the amount of \$1,000. The Allstate Foundation supports the causes that Allstate agency owners, financial specialists and employees care about most by providing Helping Hands in the Community grants to nonprofits where they volunteer their time to bring out the good in their communities.

CINCO DE MAYO AT THE SOUTH AMBOY Y

Celebrate Cinco de Mayo at the **South Amboy YMCA** ! Activities will include quesadillas, Bounce House, fun games, piñatas, crafts such as making maracas, swimming, and watching the Book of Life movie.

May 5, 2017 \$40/Full Facility Members
Time: 6:30-10:30pm \$5/each additional sibling
Ages 4-12 \$55/Non-Members
\$10/each additional sibling

Registration deadline May 4th! To register online, click [here](#).



-Submitted by Beth Helsby

YMCA OF MEWSA STAFF ATTEND THE NJYMCA STATE ALLIANCE GRAHAM SOCIAL RESPONSIBILITY CONFERENCE

The 4th annual NJYMCA State Alliance Social Responsibility Conference was held on April 6th at the Forsgate Country Club in Monroe Township, New Jersey. YMCA of MEWSA staff that attended included Rose Cushing, Kathy Minaeff, Mariam Lesnewski, Katie McAdoo and Veronica Vargas from the Association Office, Board Member and Togetherhood Coordinator Paul Edgcomb, Marie Patterson and Danica Lindsey from the Metuchen Y, Beth Helsby, Nicole Miller and Susan Chanese from the South Amboy Y, Cindy O'Neill, Kristine Rosko and Dean Seda from the Edison Y and Cindy Shields, Child Care Director.

The attendees were treated to inspirational speakers, participated in two workshops during the day, caucuses, a World Café and the Gallery Walk, which gives Y's the opportunity to showcase new or innovative social responsibility programs they are providing to meet critical community needs. The YMCA



of MEWSA highlighted our new Autism Swims program as their Gallery Walk presentation. An informational presentation board was displayed, brochures and flyers were available, and a PowerPoint presentation and video of the swim class was shown. Workshops centered around partnering for social good with a focus on access, inclusion and engagement for all. To watch the video presentation, click [here](#).

MIDDLESEX COUNTY HEALTH FAIR ON THE GREENWAY



An invigorating walk along the Middlesex Greenway on a cold, brisk morning.

On Saturday, April 8th, Middlesex County Parks celebrated National Open Trails Day by holding an event on the Middlesex Greenway. The event began with a brief health-related talk by a representative from JFK Hospital, followed by a short walk along the Greenway, with a PT from JFK who answered health questions. Blood pressure screenings were also available. The YMCA participated in the event to help promote the Greenway and support the Middlesex County Parks and also to demonstrate the Y's social responsibility role in our community.

Participants were given Y drawstring bags containing information on Healthy Kids Day, Y Summer Camps and the upcoming Blood Drive. There were also giveaways from JFK Hospital and Middlesex County Office of Health Services.



Togetherhood volunteer staff included Paul Edgcomb, Tess Mabini, Vaishali Kulkarni and her son, Atharva and Veronica Vargas.



EASTER EGG HUNT AT SOUTH AMBOY

 On Saturday, April 8th, the South Amboy Y hosted its 2nd annual Easter Egg Hunt. The event was enjoyed by 104 children ages 1-11 and included the Easter



Egg Hunt, Bounce House, Floorball, Bean Bag Toss, Hula Hooping and crafts.

Camp Director Krystyn Gallant and Enrichment Coordinator Tanita Nelson, were also on hand to talk to parents and hand out information on our programs. There was even a surprise visit from the Easter Bunny! We look forward to even more fun next year!



-Submitted by Beth Helsby

MONTH OF THE YOUNG CHILD & FIVE DAYS OF ACTION

Five Days of Action

April was Child Abuse Prevention Month, and the week of April 24-28th the Y participated in Y-USA's Five Days of Action to increase awareness in our communities. We partnered with "Darkness to Light" to educate and prepare our community to recognize and prevent child sexual abuse. We encouraged people to talk – or talk more – about child sexual abuse, and together we all worked towards ending this epidemic that affects 1 in 10 children. During this week we sent targeted, informative emails to members and families, posted on Social Media outlets, distributed many resources on the topic of child sexual abuse and asked members and families to make a pledge to protect our children. It is our hope that if we all work together to raise awareness of child sexual abuse we can make a difference in the life of a child.

Month of the Young Child

The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families. Our Child Care Centers participated in an exciting week long celebration of our youngest learners! They enjoyed Music Monday, Tasty Tuesday, Work Together Wednesday, Artsy Thursday and Family Friday. Each Center celebrated these theme days in their own unique way doing things like: creating instruments, sampling tasty treats from around the world, building collaborative structures and enjoying musical and theatrical performances. The week culminated with a Barnes & Noble Book Fair on Family Friday, offering families an opportunity to see their children perform, listen to teacher readings and spend time meeting other YMCA families. The event was a first of it's kind for our Association and was very well received by all families attending.

Senior Child Care Directors Cindy Shields and Erin Siemers, as well as the Directors and staff of all of the Y's Child Care Centers deserve praise for their hard work and dedication not only during this month, but all year long in providing Child Care Programs that ensure a safe and healthy environment for these children and give them the building blocks to be the very best that they can be!

STAFFING UPDATE/NEWS

PAUL CASEY, VP OF OPERATIONS & BRANCH DEVELOPMENT

The YMCA welcomes new VP of Operations and Branch Development Paul Casey to the Executive Leadership Team!

Paul formerly served as the Director of Community Development at the Boys and Girls Club in Union County as well as the CEO of the Boys and Girls Club in Garfield. Most recently, Paul served as the Director of the Northeast Resiliency Consortium of Passaic County Community College where he provided leadership and oversight to the \$23.5 million education and workforce development initiative. Paul has past experience with the Flushing YMCA and has worked with the YMCA as a community partner during his time at the Boys and Girls Club so is familiar with our work.



Paul received his B.A. in Sociology from Mercyhurst University in Pennsylvania, and also holds an M.S. in Human Service Administration from Springfield College. Paul brings to our team great leadership skills in many areas that our Y and our communities will benefit from. We know that Paul will make a great addition to the Y team!

UPCOMING BOARD OF DIRECTORS MEETINGS

JUNE 28



SEPTEMBER 27



NOVEMBER 29



DECEMBER 20

BRIAN PORTER, BOARD OF DIRECTORS

The YMCA welcomes Brian Porter as the newest member of the YMCA Board of Directors! Brian comes to us with an MBA in Accounting and a BS in Business Administration with a concentration in Accounting from Montclair State University. He also currently serves as an Adjunct Faculty Professor in the Management Department at Montclair State University where he teaches Applied Business Strategy, a Capstone course for the undergraduate Business program. Brian currently works as the Controller for Fleetwash, Inc., a National Facility Services Company located in Fairfield, NJ. Brian enjoys traveling, boating, hiking and swimming and is in the process of becoming a certified scuba diver. He has always been an active member of the community, and enjoys coaching, teaching and helping children learn and gain the confidence to live up to their potential.



Brian currently resides in Metuchen. He is engaged to Deborah Spigner, who was a former YMCA Board member from 2009-2012 and is getting married this August! Welcome, Brian!

CYCLING FOR MS AT THE METUCHEN Y

The Metuchen Y hosted a Spin Class benefitting the National Multiple Sclerosis Society on Saturday, April 22nd. The benefit came about when member Audra Sbarra approached Hannah Thomas, Wellness Director, with an interest in doing the class because her husband was afflicted with this debilitating disease and she wanted to not only raise money, but bring awareness to others. A total of nine participants joined the class, some of who have also been diagnosed with M.S. There was a suggested donation of \$25 and a total of over \$200 was collected. The class was led by instructor Cindy Vazquez. Hannah would like to make this an annual or semi-annual benefit to do our part for this worthy cause!



Instructor Cindy Vazquez leads the class

The class was led by instructor Cindy Vazquez. Hannah would like to make this an annual or semi-annual benefit to do our part for this worthy cause!

-Submitted by Hannah Thomas

AND THE RPM SCHOLARSHIP AWARD GOES TO...!

Elizabeth Chiu, of J.P. Stevens High School, is the winner of the RPM Scholarship Award for 2017! Each year, a student from a local high school who is also a youth member of any branch of the YMCA of MEWSA and is pursuing a higher education in the Fall is eligible to apply for this grant. This \$2,000 grant is dedicated to the memory of Ryan Patterson, who believed that every child should be provided the opportunity to sparkle.



Anna Chiu (mother of Elizabeth), Rose Cushing, Marie Patterson and Mike Patterson present the award to Elizabeth Chiu (center).

This \$2,000 grant is dedicated to the memory of Ryan Patterson, who believed that every child should be provided the opportunity to sparkle.

Elizabeth is no stranger to the YMCA. Anna Chiu, Elizabeth's mother, was proud to recall that Elizabeth has a long history at the YMCA since she learned to swim there as a young girl! She was also happy to announce that Ryan Patterson was one of Elizabeth's

Aquatics instructors! Elizabeth fondly remembers Ryan's patience and enthusiasm in helping her and the other students learn to swim and the encouragement she gave them when she first started their lessons at the Metuchen YMCA.

Elizabeth has a big choice to make! She is planning on attending either Rutgers University, New York University, or Boston University...a big decision, but we know that wherever she goes, she will be successful. She plans on entering the field of speech therapy and is very excited about starting a new chapter in her life. Congratulations, Elizabeth!

-Submitted by Marie Patterson



Elizabeth Chiu and her proud mother, Anna Chiu.

TOGETHERHOOD UPDATE

EARTH DAY

Togetherhood volunteers came together Sunday, April 23rd for the 7th Annual Edison Earth Day celebration. Co-presented by the Township of Edison, the Edison Sustainable Jersey Green Team, the Edison Clean Communities Program, and the Edison Township Environmental Commission, this free, annual outdoor green/sustainable event was held at Papianni Park.



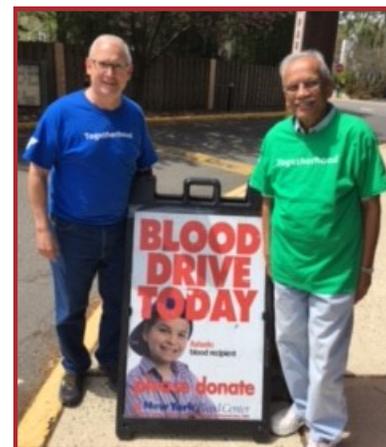
The Togetherhood volunteers (shown in first 2 pictures above) were on hand to clean up the park, along with many other community volunteers. Ashmita Sogani and Madhuri Galigutta (pictured above right), along with Veronica Vargas manned the Togetherhood table to assist the volunteers during the day and promote the YMCA programs and camp. Edison YMCA staff Katherine Kaldawi, Qumora Shumate and Kristine Rosko were also on hand to promote membership, programs and summer camp. There were many demonstrations and vendors at the event to promote sustainability and green activities, as well as activities for the children. Another successful event coordinated by Paul Edgcomb, Togetherhood Coordinator!

BLOOD DRIVE

Togetherhood's second Blood Drive was another great success! A total of 19 individuals—including 15 Togetherhood volunteers and 4 YMCA staff—organized the drive on Sunday, April 23rd, along with New Jersey Blood Services (NJBS) staff. There were a total of 44 pints of blood donated for



recipients who need the red cells, white cells, or plasma! Paul Edgcomb noted that another important number—and potentially a significant one—is that there were 22 new donors. Combined with the 26 donors from the first blood drive on February 12th, this totals 48 potential new donors that were recruited for future



blood drives for NJBS. Paul notes that this number is very important, since only 2% of our locally eligible population donates blood each year. If only 1% more people became regular blood donors, blood shortages could disappear!!

NJBS also held a promotion for this drive raffling off an MLB Jersey with the choice of the winner's team on the back. The winner was Metuchen Branch member Jim Howard! Congratulations to Jim and to all of the YMCA staff and volunteers who spent many hours organizing, recruiting donors, setting up and working at the donor recruiting tables, and providing support to NJBS staff on the day of drive. Well done!



HIDDEN HEROES MEMBERSHIP DISCOUNT

The YMCA will be offering a 25% membership discount for caregivers of veterans and service members. This benefit is being offered in conjunction with the Elizabeth Dole Foundation's Hidden Heroes Campaign, a national initiative to raise awareness and support for the 5.5 million spouses, parents, siblings, and other loved ones caring for our nation's wounded, ill or injured service members and veterans at home. In 2012, Senator Elizabeth Dole created the Foundation after witnessing firsthand the complex challenges military caregivers face while her husband, Bob, was hospitalized at Walter Reed Army Medical Center.



The Township of Edison initially joined the cause, declaring the township by way of a council resolution a "Hidden Heroes City", with the goal of raising public awareness and inspiring people, businesses and civic groups to join in the support of these caregivers. Edison is the first township in Middlesex County and the second in New Jersey to do so. This membership discount started at the Edison YMCA but is also being expanded to the Metuchen and South Amboy YMCA's as well.

More information on this program can be obtained from Cindy O'Neill, Director of Operations at the Edison YMCA at 732-494-3232, ext. 3510 or if you know someone who would like to register, they should contact Kristine Rosko, Membership & Marketing Director at the Edison Y, at 732-494-3232, ext. 3512. More information on the Hidden Heroes Campaign can be found at www.hiddenheroes.org.

-Submitted by Cindy O'Neill

BARNES & NOBLE BOOK FAIR

As part of the ongoing celebration of Month of the Young Child, the YMCA Child Care Centers sponsored a Book Fair at Barnes & Noble on Friday, April 28th, with the help of Tish Coughlin, YMCA Board member. There were student musical performances, cupcake decorating and other crafts and the student's artwork was on display in the store. All the children had a very fun night and a portion of all store purchases went to the YMCA of MEWSA Learning Centers.



Fatima Ismail, Erin Siemers, Meghan Doriety greet the families as they arrive

The fundraiser will continue until May 3rd. Please visit bn.com/bookfairs to support the YMCA be entering Bookfair ID #12132072 at checkout.



HEALTHY KIDS DAY

Healthy Kids Days, the Y's official start to The Best Summer Ever! was a huge success! Held at all three branches and free of charge to the public, each facility offered many activities, arts and crafts, demonstrations, screenings and games for the kids as well as the parents. Each branch reported that there were over 200 children in attendance! It was a great way to learn how to be healthy and have fun at the same time!



Lions Club, Rockland Roots Food Truck, healthy vendors, swimming and much more!

Of course YMCA staff were on hand to promote camp, programs and memberships!

The Metuchen Y offered face painting, crafts, the Bounce House, a dental health demonstration, and a representative from TD Bank was there to explain about college savings accounts as well as the Metuchen Fire Department to talk about fire safety and more.

The Edison Y offered family Zumba, an obstacle course, blood pressure screenings, Mad Science experiments, a book fair, and a representative from Forester Financial was on hand to talk about college savings and NY Life Insurance was doing child fingerprint ID cards.

The South Amboy Y, in partnership with the Sayreville Pubic Schools, had a puppet show, Bounce House, games, vision screenings by the



South Amboy



Metuchen

Edison

SAVE THE DATE!



TEE UP FOR KIDS

**Richard Hale
Memorial YMCA Golf Classic**
Supporting the Send a Kid To Camp
Scholarship Fund
Presented by
**YMCA OF METUCHEN, EDISON,
WOODBIDGE & SOUTH AMBOY**

Tuesday, June 6, 2017
Metuchen Golf & Country Club
Check In 10:30 AM
Tee Time 12:30 PM
Foursomes and Sponsorships Available
ymcaofmews.org/golf



As a nonprofit organization, the YMCA of Metuchen, Edison, Woodbridge & South Amboy never turns anyone away from membership who needs us. Donations help us to continue to keep that promise. All donations stay local.

EDISON'S EARLY ED CHILDREN LEARN ABOUT ANIMALS!



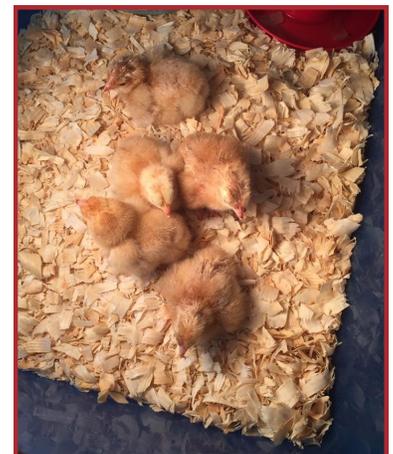
The Edison Y's Kindergarten class has adopted pet mice! The children held a vote to select their names and they have chose Minnie and Cupcake! Minnie and

Cupcake are sisters and their favorite things to do are snacking, exercising and being around the children. Each week two students will have a chance to help take care of them with the assistance of a teacher. The children have been great with their new friends and are eager to check on their well-being daily. Stop by the branch to visit them anytime!



-Submitted by Cindy O'Neill

The Preschool and Pre-K classrooms at the Edison YMCA Early Learning Center had so much fun with our Chick Hatching Project. The children were thrilled to be able to watch the chicks hatch and grow! They learned all about how to care for them and even got to hold them!



UPCOMING EVENTS & MEETINGS

MAY

- 3 **2017 ANNUAL DINNER MEETING**
Pines Manor—6:00 p.m.—8:30 p.m.
- 5 **PROPERTY COMMITTEE MEETING**
AO Conference Room—2:30 p.m.
- 5 **SOUTH AMBOY KID'S NIGHT OUT-CINCO DE MAYO**
South Amboy YMCA—6:30 p.m.—10:30 p.m.
- 11 **CHILD CARE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.
- 18 **FINANCE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.
- 19 **IT COMMITTEE MEETING**
AO Conference Room—8:00 a.m.
- 31 **SOUTH AMBOY SENIOR HEALTH DAY**
South Amboy YMCA—various times

JUNE

- 2 **PROPERTY COMMITTEE MEETING**
AO Conference Room—2:30 p.m.
- 7 **BOARD GOVERNANCE MEETING**
AO Conference Room—5:30 p.m.
- 13 **FINANCIAL DEVELOPMENT COMMITTEE MEETING**
AO Conference Room—10:00 a.m.
- 15 **FINANCE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.
- 28 **BOARD OF DIRECTORS MEETING**
Wernik Room—5:30 p.m. Fellowship/6:00 p.m. Meeting

