

# 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

## October 2017 ★ Board of Directors Update

### JANICE GARBOLINO 5K RUN/WALK

People of all ages came out to participate in this wonderful event!



The 2017 Janice Garbolino Memorial 5K Run/Walk was held on Saturday, September 23rd in Roosevelt Park. This year, there were 264 runners and walkers. All proceeds go to the LiveSTRONG® Program which continues to change lives. As one survivor, Barbara, wrote, "LiveSTRONG saved my life. At my very lowest point, the program and staff gave me hope that I could come back from this devastating experience as a whole person. They are my true guardian angels and I now have the opportunity to pay it forward. Thank you all from the bottom of my heart."



"CALLING ALL SUPERHEROES"

The theme this year was "Calling All Superheroes" and many participants came out in full garb for a very colorful race. Race results can be found [here](#) and a full list of our sponsors can be found on the YMCA website [here](#).

It is not too late to donate! If you wish to contribute to this life-changing program, please visit [LiveStrong at the YMCA](#).

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## DID YOU KNOW?

As stewards of the Y, the Board plays a critical role in the financial health of our organization. With the Annual Support Campaign approaching, the Y will be providing vital campaign training for Board members to assist them with their role in fund development. The first workshop is scheduled for November 1st at 5:30 p.m.. Please contact Katie McAdoo for details at 732-516-9200, Ext. 1108 or [katie.mcadoo@ymcaofmews.org](mailto:katie.mcadoo@ymcaofmews.org).



# 9/11 NATIONAL DAY OF SERVICE

Staff and volunteers of the Y partnered with community organizations to commemorate the 2017 National Day of Service and Remembrance of September 11th. See pages 2 through 5 to see what each of the branches did.

## METUCHEN

Volunteers from the Metuchen Y, along with the Metuchen Garden Club, Fire Department and Public Works beautified the area by Freedom Plaza on September 8th to prepare for the 9/11 anniversary. Also of note is that Ed Van Eckhart of Farmers Insurance donated \$500 for their t-shirts and supplies. What a great show of support from the Y and the community to make this area beautiful again!



*Volunteers work hard to remove all of the old debris and weeds that congest this area and make it unsightly.*



*Volunteers: l. to r.: Elaine Edgcomb, Paul Edgcomb, Mark Goldstein, Jim Peck, Marie Patterson, Matthew Melchione, Michelle Valian and Sue Molineaux. Not pictured, but a big part of the cleanup effort, is Marge Viquerat.*



*The "After" pictures. The area has been beautified, with plants, bushes and flowers adorning the area by the highly visible Freedom Plaza.*

*-Contributed by Marie Patterson*





# 9/11 NATIONAL DAY OF SERVICE (cont'd)

## EDISON

As part of their Day of Service, Edison Y staff and volunteers visited the Menlo Park Veterans Home on September 11th. The residents were thrilled with their visitors and a good time was had by all! They assembled in the "Town Square" (the core of the home facility and gathering place for residents) and played trivia with the men and women, who knew more answers than the staff! Volunteers then visited each wing and transported their "families" to the Town Square to participate in an Enhance Fitness class, led by Tom Zimmerman, Enhance Fitness Instructor, along with his regular attendees.

One of the highlights of the day was having Mayor Lankey come by and thank each and every one of the service members for their service to our country. The Mayor received a YMCA Day of Service t-shirt and spoke about gratitude and remembrance on the anniversary of 9/11.

*-Contributed by Cindy O'Neill*



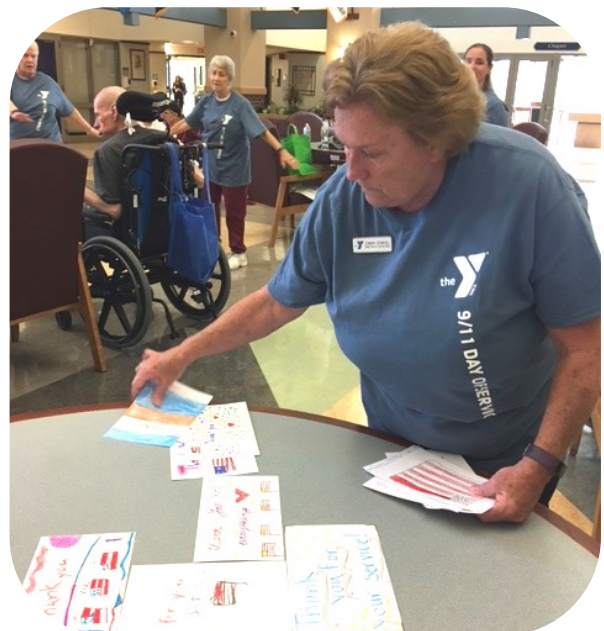
*YMCA staff hold an Enhance Fitness class with the veterans in their "Town Square"*



*Mayor Lankey was on hand to participate in the event and give his thanks to the veterans.*



*Volunteers: Rosemary Orlandini, Cindy O'Neill, Kristine Rosko, Tom Zimmerman and two of his regular class participants.*



*Cindy O'Neill displays all of the cards made for the veterans by the SACC children.*



# 9/11 NATIONAL DAY OF SERVICE (cont'd.)

## SOUTH AMBOY

For their Day of Service, the South Amboy YMCA held a collection drive during August and September to collect items needed for troops that are deployed. They worked in conjunction with Operation Gratitude, who sends care packages to deployed troops. On September 11th, they asked members and visitors to write a letter to a service member to thank them for what they do for our country. Over 150 items were collected and 25 letters were shipped to Operation Gratitude. It was a wonderful way for the South Amboy Y and members to show their appreciation and thanks for all that they do!



*Beth Helsby and Ashley Henrich greet members and friends to talk about how they can participate by writing a letter of thanks to deployed troops.*



*A collection basket for goods was in the lobby, with a Wish List for particular items needed. The goods were sent to Operation Gratitude, who makes care packages that they send directly to our troops.*



*The SACC children drew pictures and wrote thank you notes.*

*-Contributed by Beth Helsby*



# 9/11 NATIONAL DAY OF SERVICE (cont'd.)

## KEN SHIRK CHILD CARE LEARNING CENTER



The children from Ken Shirk Learning Center participated in the National Day of Service by making sandwiches and assembling lunches including water, sandwich and a granola bar, to be distributed to the homeless population. They even decorated the lunch bags themselves!

What a wonderful way to learn how to be socially responsible at such a young age. Great job!

*-Contributed by Samantha Creange*

### UPCOMING BOARD OF DIRECTORS MEETINGS

NOVEMBER 29



DECEMBER 20 (HOLIDAY EVENT)

## METUCHEN COUNTRY FAIR

The Metuchen Country Fair was held on Saturday, October 7th. The theme this year was "Games". Y staff volunteered their Saturday to set up an awesome booth with free games for the children including Basketball, Plinko and Spin the Wheel to win prizes. They also set up a volleyball net and held impromptu games with the public. Child Care also had the Bounce House set up in the parking lot behind Metuchen Savings Bank.



*Y Staff/Volunteers: Rosemary Orlandini, Angelica Causing, Bradford Lindsey, Catherine Haugh and Barbara Verikas*

Staff spoke to the public about membership, programming, childcare services and of course, how the Y invented basketball and volleyball!

To top off a very successful day, the Y's table won 3rd prize for Most Interactive Booth! A great job by all!





## EMERGING MULTICULTURAL LEADERSHIP EXPERIENCE



From October 4-6, three of the Y's staff (pictured l. to r.: Dean Seda from the Edison Y, and Hannah Thomas and Angelica Causing from the Metuchen Y), attended the Emerging Multicultural Leadership Experience (EMLE) in Dallas, Texas. EMLE is a learning experience designed to help emerging multicultural staff deepen their connection with the Movement, develop as cause-driven leaders, and grow their careers at the Y.



The staff attended five general sessions featuring special guests and inspiring keynotes by thought leaders from both in and outside of the Y and five career



development sessions featuring diverse topics for staff of every level. There were also social and networking events where they met Y leaders and peers from across the Movement. Dean, Hannah and Angelica were also able to get professional headshots taken and a personal resume-building session.

## NEW PARKING LOT AT THE COMMUNITY CAMPUS!

The Edison Y and the JCC—the Community Campus—completed a project that has been in the works for several years! The parking lot was resurfaced, paved and proper stripes and signage were painted.

The reactions from the members was very complimentary! Many members wrote their thanks for providing a safer facility for their children and expressed their deep gratitude for the impeccable organization of the temporary

arrangements that were made while the work was being done. One member, Wayne M., wrote, "I want to report to the Lost & Found Department that my favorite parking lot hole is missing! When I arrived at 6:00 a.m. each morning, the bounce woke me right up! Now I find that I'm coming into the building still asleep."



The new parking lot was celebrated with a thank you breakfast attended by JCC and Edison staff. All involved were thanked for great teamwork and congratulated on a job well done in this tremendous undertaking!

*-Contributed by Cindy O'Neill*



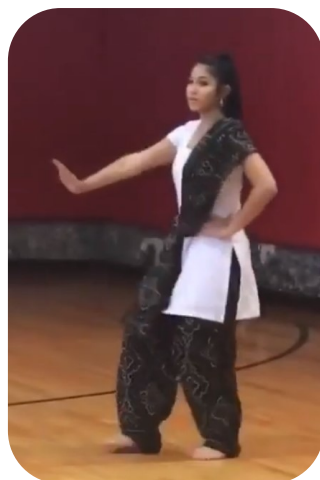
# WELCOMING WEEK

The Y believes our communities are stronger when everyone feels welcome and we work together for the common good. Welcoming Week took place between September 15-24, 2017 to help celebrate the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. It's a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community.

See what each of our branches did to celebrate diversity and inclusion at the Y of MEWSA!



The Edison Y had a lobby display of international flags and interactive maps where members could identify the country where they or their ancestors came from. There was also a lending library of children's diversity books that they could read in the lobby. Many fitness classes were also showcased that originated in other countries along with cultural music and welcoming signage.



Metuchen staff member Bhairvi Sethi-Dimple and her daughter (pictured left) performed an exotic dance from their homeland of India for the SACC children. Local Metuchen restaurants provided a sampling of foods from their native countries for people to experience different tastes from around the world. They also created a video of staff and members who are "Welcomers". You can view the video [here](#). Flags from around the world were displayed and music from different countries was played at the Welcome Center.



South Amboy held a variety of activities including SACC children and members making flags from their country which were displayed in the lobby as well as an interactive map to show member's country of ancestry, Welcome Center staff learning new welcoming phrases which they tried out during the week, and a guest guitar player who played music from around the world. They also held an Open House and had Enrichment Class showcases.

Overall, Welcoming Week was very successful at all branches!



## GET A SHOT. GIVE A SHOT.

Get a flu shot or any other vaccine at Walgreens and help provide a life-saving vaccine to a child in a developing country.

From September 1, 2017 to August 31, 2018, for every immunization administered, Walgreens will donate \$.22 to the United Nations Foundation. For more information, go to [Walgreens.com/GetaShot](http://Walgreens.com/GetaShot).

To increase access for immunizations against diseases like pneumonia, diarrhea, measles and polio for children in developing countries, funds raised through Shot@Life benefit Gavi, the Vaccine Alliance, UNICEF and the World Health Organization. These organizations work to save lives and improve the health of millions of children around the world every day.



**GET A SHOT. GIVE A SHOT.**

**Make your flu shot make a world of difference**

Your immunization helps provide a lifesaving vaccine to a child in need.

**Walgreens** | **UNITED NATIONS FOUNDATION**

From July 1, 2017 to August 31, 2018, for every immunization administered, Walgreens will donate \$0.22 to the United Nations Foundation, up to a maximum donation of \$2,000,000. For more information, go to Walgreens.com/GetaShot. \*Vaccine subject to availability. State, age- and health-related restrictions may apply. ©2017 Walgreens. All rights reserved. Walgreens, the Walgreens logo, United Nations Foundation and Shot@Life are trademarks of their respective owners.



children worldwide lacks access to lifesaving vaccines



a child dies from a vaccine-preventable disease

Source: shotatlife.org

## LEADERS CLUB GRANT RECEIVED!

The YMCA received notification that they have received a grant in the amount of \$5,000 from the Wells Fargo Foundation for the Leader's Club! The Leader's Club is a new Y program developed for the purpose of building youth as leaders and fostering a culture of service to our community. It will provide teens with the knowledge and training to serve others and shape healthy lifestyles. The program is available at all three branches. The initiative will kick off with a Teen Leadership Retreat planned for October 13-15th at Camp Mason which will be free of charge to teen members of the Y. The retreat will bring the teens together in a positive environment to engage in safe and age-appropriate activities that aim to foster new relationships, build self-confidence, and teach new skills.



the **Y**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BE A PART OF THE  
ADVENTURE**

A RARE  
LEADERSHIP  
EXPERIENCE FOR  
TEENS  
AGE 12-18



## AUTISM AWARENESS TAUGHT AT EDISON



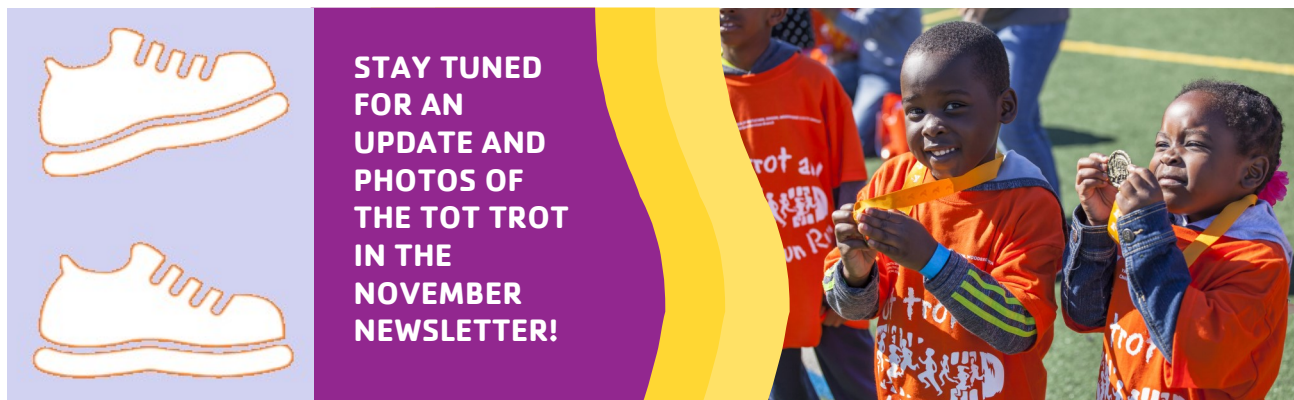
On September 28<sup>th</sup>, Girl Scout Sahana Ranganathan visited the Edison Y to discuss Autism awareness with the older children. She conducted a 45-minute lesson teaching the children how autism affects children, and how they are most likely attending school with children who have been diagnosed with autism.

Sahana took the time to answer questions the children had. After the session ended, all of the children received a bag with pencils, crayons and

keychains, which they enjoyed very much.

The Edison Y thanks Sahana and her mother Jayasri for their time and their very educational lesson!

*-Contributed by Cindy O'Neill*



## SOUTH AMBOY HOLDS BACK TO SCHOOL BASH

On Friday, September 29<sup>th</sup>, 2017 from 6:30-10:00 p.m., the South Amboy YMCA held an "Out of this World" Back to School Bash/Kid's Night Out. The children enjoyed pizza and socializing with their friends. The children then made Galaxy Slime in many different colors and had a blast playing with it afterwards. The children rounded out the night by enjoying some time in the pool and playing in the Bounce House. The children had a great time and went home happy and exhausted!



*-Contributed by Beth Helsby*



## SELFIE WITH SOMEONE NEW

The YMCA of the USA (Y-USA) is launching a new social media campaign, #SelfieWithSomeoneNew. Inspired by the Y's new "Us" national campaign creative, #SelfieWithSomeoneNew is an opportunity to highlight how the Y uniquely brings people together. To help raise awareness for the campaign, the Y will partner with long-time member and supporter, actor [Ethan Hawke](#).



The Y is encouraging people to meet someone new, strike up a conversation and discover what they have in common, then, take a selfie and post it to Facebook, Twitter or Instagram using the hashtag #SelfieWithSomeoneNew and tag @YMCA.

Whether it's a new neighbor down the street, a parent at your child's school or a person you see every day on your commute home, the Y hopes people will take a few extra moments to get to know one another in order to build a stronger, more connected community.

## KINDNESS ROCKS!



Metuchen Y staff Pat Colandra, Shannon Goley, Raquel Aday and Pam Cohen had the children in the Kindergarten Extended Day Program participate in a project called "Kindness Rocks". This project has two goals: to inspire others by randomly placing rocks along the way and to recruit every person who stumbles upon one to join in the pursuit of inspiring others through random acts of kindness.



The children placed the rocks around the YMCA as part of

their kindness study and enjoyed hiding them for others to find!

Find more about the Kindness Rocks Project at <http://thekindnessrocksproject.com/find-rocks>.

## HALLOWEEN AT THE Y!

The Metuchen, Edison and South Amboy branches will be hosting various activities on Friday, October 27th to celebrate Halloween.

Click [here](#) the link below to find out what's going on at each of the branches!





## TRI-STATE CONFERENCE

Several YMCA staff attended the Tri-State on October 3rd in Mahwah, New Jersey including Rose Cushing, Katie McAdoo, Paul Casey, Marie Patterson, Cindy O'Neill, Erin Siemers, Bath Helsby and Veronica Vargas. This conference is targeted for CEO's, branch executives, fund development, marketing, communications and senior program staff. Multiple sessions focused on regional and national campaigns and opportunities to enhance our Y's involvement in the Tri-State collaboration.

The morning keynote presentation was given by Valerie Barker Waller, Senior Vice President & Chief Marketing Officer, Y-USA and the afternoon keynote presentation was given by Lynne Wester, Founder & Principal, Donor Relations Guru® speaking on fundraising success.

The day was full of information-packed workshops, including topics on fundraising, innovative campaign strategies, and increasing donor patronage.

Save  
the  
Date

**November 28**

Giving Tuesday

**January 9**

Annual Campaign

**May 2**

Annual Dinner

**June 5**

Richard Hale Golf Outing

## BOSCOVS FRIENDS HELPING FRIENDS EVENT



Boscov's Friends Helping Friends Event is planned for Tuesday, October 17th. This event is an opportunity for YMCA's and YMCA Child Care Centers to raise funds by selling discount shopping passes to the event.

For just \$5.00, you can purchase a 25% discount shopping pass for purchases made on October 17th from 9am to 11pm at all Boscov's locations\*. You will also be eligible to win other fabulous prizes including shopping sprees and more! The \$5.00 will go directly to our Annual Support Campaign!

Please visit any YMCA branch to purchase your pass today!

*\*Not valid for online purchases. Certain brands and categories of merchandise are not included. All included departments are clearly described on the pass.*



# UPCOMING EVENTS & MEETINGS

## OCTOBER

26 **FINANCE COMMITTEE**  
AO Conference Room—6:30p.m.

## NOVEMBER

1 **BOARD GOVERNANCE**  
AO Conference Room—5:30 p.m.

1 **INCREASING BOARD MEMBER SUCCESS IN YMCA  
PHILANTHROPY**  
Metuchen American Legion  
17 Calvin Place—5:30 p.m. Dinner/6:00 Workshop

3 **PROPERTY COMMITTEE**  
AO Conference Room—9:00 a.m.

10 **INVESTMENT COMMITTEE**  
AO Conference Room—8:00 a.m.

14 **FINANCIAL DEVELOPMENT**  
AO Conference Room—5:00 p.m.

16 **FINANCE COMMITTEE**  
AO Conference Room—6:30 p.m.

16 **AUDIT COMMITTEE**  
AO Conference Room—8:00 a.m.

17 **IT COMMITTEE**  
AO Conference Room—9:00 a.m.

29 **BOARD OF DIRECTORS**  
Wenik Room—5:30 Fellowship/6:00 p.m. Meeting



Association	Edison	Metuchen	South Amboy
