

# BOARD of DIRECTORS NEWSLETTER

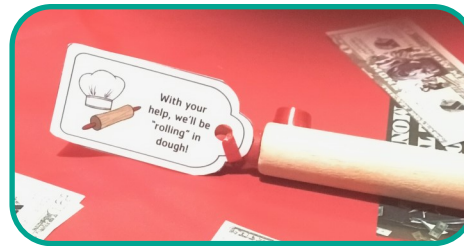


December 2018

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

## IN-HOUSE ASC UNDERWAY

The 2019 Annual Support Campaign is underway! The In House portion of the campaign began in November. Katie Barnes and Mike Lackland have once more agreed to assume the role of Chair and Co-Chair, respectively. We thank them for their untiring efforts!



Leading the way for staff giving are our Staff Champions, who recruit employees to join the Hourly Club or to make a donation. As a “thank you” and to give a boost to their efforts midway through the campaign, a pizza lunch was held for them on November 27th with the theme, “Let’s Raise Some Dough!” The room was decorated

with a pizza theme and dough-themed giveaways. At the end of the lunch, the Staff Champions received cookie dough with a tag that read, “here’s some dough for doing such a great job!” Rose Cushing and Bobby Kleinau were on hand to talk with the champions about the importance of what they are doing and to answer any questions they had.

Our staff champions are: Nicole Alaimo, Linda Socratous, Mary Applegate, Durriya Ismael, Jillieanna Peguero, Tara Francis, Mary Valera, Barbara Verikas, Nahomi Milachay, Pamela Cohen, Veronica Vargas, Karae Johnson, Marcy Jaramillo, Jessica Yip, Kim Luciano and Diane Belanchik.



Great job, everyone!

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## STAY CONNECTED!

Association Office



Edison



Metuchen



South Amboy



# EXERCISING SPEECH DEBUTS ON NEW 12 NEW JERSEY!



Spotlight New Jersey: 'Exercising Speech'



The Metuchen YMCA launched a new program called "Exercising Speech" that offers one-on-one training sessions for children with communication deficits. Participants improve their physical fitness while working on their social and communication skills.

The Metuchen Y's newest program, "Exercising Speech", made its debut on New Jersey's Channel 12 news on Friday, November 30th! The program, created by Edison public school teacher and ASHA-certified Speech Language Pathologist James Farley, offers one-on-one personal training sessions for children with communication deficits. James offers sessions in the evenings at the Metuchen Y. Because of the uniqueness of this program, he has had no problem in recruiting participants for the program! Click [here](#) to see the News 12 New Jersey clip.

James was also recently wed to another Metuchen staff member, Ara McKay. See their story below!

## DID YOU KNOW? HOW TO SECURE A DONATION

### Make Specific and Direct Asks for Money

People give because they are asked—if you don't ask, the answer will always be *no*. It can be tough to look someone in the eyes and ask for money, but somewhere in your pitch, some variation of the words "I'd like to invite you to invest \$100 in our work" need to find their place, ideally followed by as long a pause as it takes to get an answer. For fundraisers, you can't make the mistake of not asking because you feel greedy or you think they will know what you want. Ask with pride for the cause you are so committed to raising money for, and be honored to be the potential bridge for that donor from need to impact, donation to solution. Be sure to *ask for a specific amount (something that's a stretch, but not unrealistic), and be clear about exactly what you will spend the money on and the impact it will generate*. Tell the story of someone you've served who enjoyed the impact of these types of donations. Start today by calling a lapsed donor and asking for a small renewal gift, even if it's \$25! Practice this type of direct and specific ask on your board members, coworkers, family, and friends, and in no time you will be a master fundraiser. Source: <https://trust.guidestar.org/blog/top-10-fundraising-tips>

## A METUCHEN YMCA WEDDING!

Two staff members of the Metuchen Y, James Farley and Ara McKay, walked down the aisle on November 8, 2018!

Ara and James met at the Metuchen YMCA in 2015. Their lives center around the YMCA with Ara working full time as the Wellness Coordinator and James running his Exercising Speech program (see article above!). Outside of work, they also enjoy working out at the Metuchen YMCA. In fact, on December 16, 2017 they got engaged at the Metuchen Y! Because of this, Ara said it was only fitting that they had their first look photos here as well!

Congratulations Ara and James!



## EDISON LEADER'S CLUB TAKES OFF!

The Edison Y Leader's Club has really taken off with almost 30 teens in the Club! They meet twice a month to discuss leadership tips and topics, organize volunteering events and play team-building games. They also do at least one community service or volunteer event each month. Pictured right, the teens were



challenged with figuring out how to communicate without using words...while blindfolded! After some brainstorming, they came up with the idea to use their senses to communicate. They figured out that by listening for sounds and using touch signals they could communicate without using words. They worked together and were successful! This exercise helped them strengthen their communication skills. November was also the Kid's Night Out event at the Edison Y, and the Leader's Club volunteered for this event to help organize games and crafts for the children. In December, a guest speaker will be working with them on public speaking skills.

Of course, the Leader's Club would not be as effective without the Leader's Club Ambassadors! (pictured left). *-Submitted by Eric Meshirer*

## IMPORTANT DATES

**ASC Kick Off Rally**  
January 15

**Winter Session**  
January 2-February 24

**Community Campaign**  
February 1-March 31

**Board Holiday Party**  
December 19

**Staff Giving Campaign**  
October 15-December 15

**Spring Session**  
February 25-April 21

## SACC TRAINING



**O**n Saturday, November 10<sup>th</sup> the School Age Child Care staff came together for their annual training held at the Colonia Learning Center. The day hosted 68 staff members who were trained on topics such as Reinventing the Role Model, Diversity and Inclusion, Strengthening Families and CATCH. The day also celebrated SACC staff members with five years of service to the YMCA of MEWSA. Those staff were : James Benedetto, Lucille Biondo, Debra Minervini, Nancy Carragino and Michele Zeleniak.

This was a great day for staff to build on their required State-mandated training hours, connect with other staff and share about their programs.

*-Contributed by Christine Tolley*



## METUCHEN STUDENTS VISIT SENIOR CENTER

On Friday, December 7<sup>th</sup> the Metuchen Y Preschool and Kindergarten children along with their teachers went to the Metuchen Senior Center for the center's annual holiday luncheon. Every year the seniors look forward to having the children visit them before the holidays and brighten their day with a few festive songs. After the children were done singing, they handed out some homemade ornaments to about 60 seniors.

The teachers who accompanied the children were Pat Colandra and Jana Sorsch (pictured right). Raquel Aday and Alice Montalvo were also there but are not pictured.



*-Contributed by Pam Cohen*

## GRANT AND DONOR RECOGNITION

TARGET	\$1,000	Soccer Program at Edison YMCA
TARGET	\$1,000	Soccer Program at Metuchen YMCA
SNY PLAY BALL	\$210	Basketball Supplies at Edison YMCA



Save  
THE  
Date

# YOU'RE INVITED

## 2019 ANNUAL SUPPORT CAMPAIGN KICK-OFF RALLY

TUESDAY, JANUARY 15, 2019 • 6:00-8:00 PM  
JFK SOCIAL CENTER  
70 James Street, Edison

Light fare and refreshments will be provided.

RSVP by December 31st to Catherine Haugh at  
[catherine.haugh@ymcaofmews.org](mailto:catherine.haugh@ymcaofmews.org).

## ASSOCIATION-WIDE FOOD DRIVE A SUCCESS

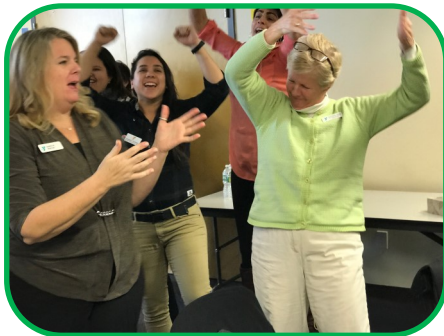
All of the branches, child care centers and the Association Office held food drives in November with all donations going to the Food Pantry at the First Presbyterian Church.

Right, Rosemary Orlandini from the Association Office came up with a creative idea to create a "featherless turkey". Feathers with suggested donations were put in a basket and staff signed up for one or more items by taping their feather to the turkey. The food drive was very successful!



## KEY LEADERSHIP STAFF MEETING

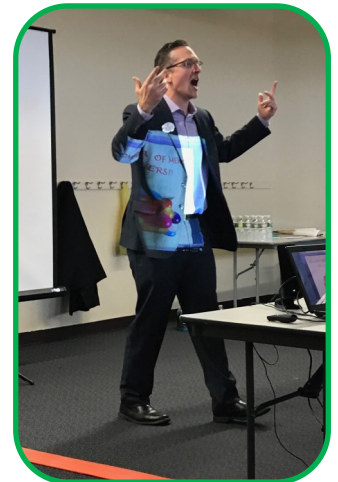
An Association-wide Key Leadership Staff meeting was held on December 6, 2018 hosted by the South Amboy YMCA. The all day meeting started with a dynamic game of Rock Paper Scissors with the winner being Cathy Haugh of the Association Office, winning a \$25 gift card.



After an introduction and update on upcoming personnel policy changes by Kathy Minaeff, the staff were presented with two speakers. The first speaker was Joann Donnelly, Vice President of Healthy Living for the YMCA of Greater New York who spoke on the topic of Creating Positive Culture Through Change. The second speaker was Bobby Kleinau, Vice President of Operations and Branch Leadership, who spoke



on the topic of "What is Your Brand?". Both speakers were dynamic and captivating, engaging the staff through a series of exercises and feedback. After a question and answer period, closing remarks were made by Rose Cushing, President & CEO.



The day was informative and thought-provoking. Bobby noted that more staff meetings and events will be planned over the course of the year.

Happy

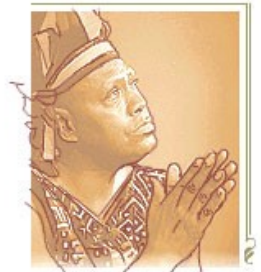
CHRISTMAS



HANUKKAH



KWANZAA



# LIVESTRONG® BREAKFAST



LiveSTRONG instructors Bob Smith and Tom Zimmerman.

The 4th Annual LiveSTRONG® Breakfast was held on Saturday, December 8, 2018 at the South Amboy YMCA. The breakfast is held for participants of the YMCA's LiveSTRONG® Program and is a celebration of life, determination and well-being. Participants spoke about their experience with the LiveSTRONG® Program and how the program has impacted their lives in a positive way. Many expressed how the program came at a time in their lives when they felt afraid and lonely and how the program turned their lives around. Not only have they been given the tools to build a healthier lifestyle, but they have created bonds and friendships with YMCA staff and other survivors and warriors that will last a lifetime.



Health & Wellness Director Hannah Thomas



The event featured keynote speaker Lockey Maisonneuve (pictured left) who spoke about her traumatic childhood and then her battle with breast cancer as an adult, and her healing journey to overcome these obstacles and empower trauma survivors to do the same. Maisonneuve has written a memoir entitled, "[A Girl Raised by Wolves](#)",

that talks about her hardships and the tools and techniques she used to not just survive, but thrive. Her talk was inspirational and moving and was truly enjoyed by all.

The LiveSTRONG® Alumni group (pictured right) was also on hand to support



participants and give their stories about their own journeys. Hannah noted that they are a very courageous group and still meet at the Y every Monday night for the past seven years.



Robert Gennuso, Edison staff member and LiveSTRONG® participant with Anmarie Sabovick, South Amboy Y Fitness/Wellness Director.

This annual inspirational gathering is a tribute to the wonderful work that this free program does for our members and for the community. The program is available at all three branches of the YMCA. For more information, please contact Wellness Director, Hannah Thomas at [hannah.thomas@ymcaofmews.org](mailto:hannah.thomas@ymcaofmews.org).



Instructor Bob Smith celebrates survivor Jen Orlick's story of triumph.

**LIVESTRONG**

## SOUTH AMBOY BRANCH STAFF ANNOUNCEMENTS!

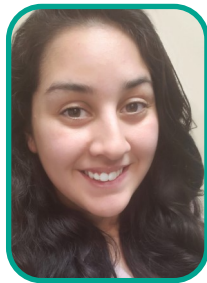
The South Amboy Y has recently experienced some major changes in their staffing! Within one week, the branch brought on board their new Director of Operations, new Aquatics Director and new Healthy Living Director!

### Let's meet them!

Karen Robson joins us as the new Director of Operations! As a cause-driven professional with over thirty years of nonprofit experience, Karen will join the South Amboy YMCA in January. She has had a progressive career with 15 of those years at the Y, including the Metro YMCA of the Oranges, the Community YMCA, and most recently, the Raritan Valley YMCA. She brings experience in operations, quality programs, staff and board development, collaborative initiatives, fundraising, marketing, and strategic planning.

Karen obtained her Master's degree in Organizational Leadership from Springfield College, MA. She is passionate about community and leadership development and has been a volunteer YUSA facilitator for 10 years. Karen will also lead our association's Training Partner Y initiative, coaching other Y's through developing our future leaders. Ms. Robson sits on the board of the NJ YMCA Professional Network, supporting statewide YMCA collaboration efforts.

You may find Karen hiking on local trails, enjoying the beach, or leading a nonprofit event in her spare time. She is looking forward to meeting everyone and making an impact in our communities.



Elizabeth Moreira joins the South Amboy YMCA as their new Aquatics Director! Liz started as a lifeguard with the YMCA in 2012. Since then, she became a swim instructor, CPR instructor, deck supervisor, and an assistant swim coach. She will finish her B.S. in Biology from Rowan University this winter. In her free time, she enjoys snowboarding, trying new foods, traveling and having fun with her shelter pup, Ollie. She is also an EMT and is always trying to learn new things. She looks forward to the opportunities that the YMCA has to offer.

Annamarie Sabovick joins the South Amboy YMCA as their new Healthy Living Director! Her journey with the Y began almost 12 years ago as the part-time Child Watch babysitter at the Edison Branch. Although she was young and inexperienced, but being part of the YMCA community provided her with support, opportunities and room to grow. From there she progressed to Assistant Teacher, Infant Caregiver and then to Lead Teacher.

Exercise and striving for healthier living has been a personal passion of Annmarie's since 2006, when she became a mother and decided that her health, quality of life and example she set was invaluable, so making the transition into Wellness at the Y in 2013 was a natural and exciting shift for her. As a Personal Trainer and Group Exercise Instructor, Annmarie was teaching people how to change, and was able to share her passion with the community.

Annamarie initially joined the South Amboy Y team in May 2018 as their Wellness Coordinator, and she is thrilled to now be taking on the role of Healthy Living Director. She will be teaching and sharing her passion on a larger scale, so expect exciting things! Strengthening and building our community around healthier living will be her most important goal.



Have an article or item of interest for the newsletter?  
Please submit to Veronica Vargas at  
[veronica.vargas@ymcaofmews.org](mailto:veronica.vargas@ymcaofmews.org).

# <bits & pieces>



Edison students write what they are thankful for .



Artwork from Metuchen's Adult Art Class



Metuchen's beautiful, new Front Desk!



Winner of Edison's "Choose to Lose" Contest



The newest addition to Rose's family visits her at the office!



Bradford Lindsey and Barbara Verikas decorate Metuchen's Christmas tree!



Edison Preschool and Pre-K children go pumpkin picking at Giamarese Farm



Santa visits the Metuchen Y



Instructors for Edison's Dance-a-Thon fundraiser





## EDISON HOLDS FOOD DRIVE WITH A TWIST

The Edison YMCA held their annual Nourishing our Community Food Drive this past November. However, this year, Welcome Center staff member Mary Daly added a twist! She put out a jar for loose change with all proceeds donated to the First Presbyterian Church of Metuchen Food Pantry. This cause is near and dear to Mary's heart. Members started bringing in bags of coins and pennies. When it was time to trade in the coins to give to the Food Pantry, Mary had collected \$78! Pictured right, Mary is holding a letter she received from the Church thanking her for her donation stating: "Your generous donation will go a long way to helping us continue our efforts to serve the families and individuals in Metuchen and Edison who are facing food insecurity. Thank you again, it means the world to us." Great job, Mary!



*-Contributed by Cindy O'Neill*



Since giving back to the community is always a priority for the Y, all three branches collect toy donations each year for the Toys for Tots Program, sponsored by the U.S. Marine Corp.

## WELCOME NEW BOARD MEMBER JOE CASCIO!



Meet our newest Board member, Joseph Cascio! Joe currently serves as the Senior Vice President of Sales & Marketing for SMT expo, a division of Glenmore Industries, with its main office in Edison, New Jersey. Joe has spent the last 22 plus years working in all facets of Special Events, Tradeshow and Facility Management. Serving as the Chairperson for the IAEE Consumer Event Council, Joe is also a representative on the IAEE Board of Directors. Joe has been an active proponent for change and improvement within the Live Events Industry and in his role at SMT hopes to directly fulfill that cause.

In 2002 Mr. Cascio was named a 40 Under 40 recipient by NJBIZ, New Jersey's premiere business news publication honoring men and women who have been making headlines in their field and who share a commitment to business growth, professional excellence and the community. In 2007, he was honored by the NJ Future Business Leaders of America being named as their Businessperson of the Year. The mission for FBLA is to bring business and education together for all NJ High School students in a positive working relationship through innovative leadership and career development programs. Joe is also proud to have been named one of the 2015 Middlesex Regional Chamber of Commerce Leaders of Distinction for work and volunteerism within Middlesex County.

A resident of Metuchen with his wife Jennifer and daughters Sophia and Olivia, Joe is dedicated to his family, friends and local community, serving as a volunteer on several local non-profit boards and as Vice Chair for the Edison Chamber of Commerce. Welcome, Joe!

## UPCOMING BOARD OF DIRECTORS MEETINGS

January 23



February 27



March 27

# JOB FAIR

METUCHEN YMCA | JANUARY 15th | 4PM-7PM

EDISON YMCA | JANUARY 16th | 12PM-3PM

SOUTH AMBOY YMCA | JANUARY 15th

12PM - 3PM | 4PM - 7PM

## Available positions:

- Welcome Center staff
- Assistant Teachers & Counselors
- CDL Bus Drivers
- Lifeguards
- Enrichment Instructors

To pre-register, contact Rosemary Orlandini  
at 732-516-2081



## EDISON FIREFIGHTERS SUPPORT LIVESTRONG!

On Saturday, November 17th, the Port Authority Police and the Edison Firefighters played a charity hockey game at the Prudential Center in Newark. All proceeds from the event benefitted the PAPBA Widow's and Children's Fund and the Metuchen YMCA LiveSTRONG® Program. A total of \$1,200 was raised. The Edison Firefighters fell to the PAPD hockey team, but the real winners were the many people who will benefit from this charity fundraiser!



# EDISON HOLDS DANCE-A-THON FUNDRAISER

The Edison Y held it's fourth annual Dance-a-Thon fundraiser on Saturday, December 15, 2018 and it was a huge success! Members who attended the sold out event danced for over two hours to Zumba, Salsa, Merengue, Bollywood, BollyX and Bhangra. In total, over \$750 was raised, with all proceeds going to the Annual Support Campaign!

Members also had the opportunity to purchase raffle tickets and win prizes. The instructors who performed were Karen Mains, Aanchal Nigam, Sairah Qureshi, Sakshi Sharma with special guest appearances from Dean Seda and Rocio Rodriguez. Everyone had a blast and can't wait to do it again next year!



*-Contributed by Deborah Wider*



**New York Blood Center**

Your favorite  
**BLOOD DRIVE**  
is coming

Metuchen Branch YMCA  
December 26, 2018  
1:00PM-7:00PM

[Register here!](#)



The need for blood is constant.  
Every 2 seconds, someone in the USA needs a blood transfusion.

## Y STORIES



Youth Consultation Service is one of New Jersey's leading non-profit provider of comprehensive behavioral health and mental health services for children with special needs—helping thousands of young people build healthier, happier, more hopeful lives.

The YCS Laurie Haven facility, located in Edison, developed a great partnership with the YMCA about 15 years ago when they started bringing their children to the Y for swimming lessons. Etta Sample, Program Director, notes that the children look forward to their swimming lessons each week and that the physical benefits and stress reduction that they experience significantly increases their self-esteem and self-confidence. Etta has expressed her deep appreciation for the Y's programs and how they have positively effected the children's lives.

*-Contributed by Christine Tolley*

*"We firmly believe that our children would not have made the treatment strides that they had if they were not involved with the YMCA."*

*-Etta Sample*

## UPCOMING EVENTS & MEETINGS

### JANUARY

- 2 **EDISON BRANCH BOARD MEETING**  
Edison Branch—8:30 a.m.
- 4 **PROPERTY COMMITTEE**  
AO Conference Room—9:00 a.m.
- 8 **FINANCIAL DEVELOPMENT COMMITTEE**  
AO Conference Room—12:00 p.m.
- 9 **SOUTH AMBOY BRANCH BOARD**  
South Amboy Branch—6:00 p.m.
- 16 **FINANCE COMMITTEE**  
Wernik Room—6:30 p.m.
- 16 **METUCHEN BRANCH BOARD**  
Metuchen Branch—8:00 a.m.
- 18 **IT COMMITTEE**  
AO Conference Room—8:00 a.m.
- 23 **BOARD OF DIRECTOR'S MEETING**  
5:30 Fellowship—6:00 p.m. Meeting

### FEBRUARY

- 1 **PROPERTY COMMITTEE**  
AO Conference Room—9:00 a.m.
- 6 **BOARD GOVERNANCE**  
AO Conference Room—5:30 p.m.
- 7 **CHILD CARE COMMITTEE**  
AO Conference Room—6:00 p.m.
- 12 **FINANCIAL DEVELOPMENT COMMITTEE**  
AO Conference Room—12:00 p.m.
- 20 **FINANCE COMMITTEE**  
Wernik Room—6:30 p.m.
- 27 **BOARD OF DIRECTOR'S MEETING**  
Wernik Room—5:30 Fellowship—6:00 p.m. Meeting

### MISSED AN ISSUE?

All Board newsletters as well as Donor newsletters can be found on the YMCA website at

<http://www.ymcaofmews.org/about-us/ation-newsletter>.

