

# BOARD NEWSLETTER



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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

## July 2016 ★ Board of Directors Update

### RICHARD HALE YMCA MEMORIAL GOLF CLASSIC

Once again, the Richard Hale YMCA Memorial Golf Classic was a huge success! Katie McAdoo, Association Advancement Director, reported that there were a total of 102 golfers!

The outing was held on June 7th and the weather was perfect! The event was held at the Metuchen Golf and Country Club in Edison, NJ. As usual, they hosted an amazing event. The golf course was spectacular and the venue and food were beautifully presented. Golfers enjoyed an early lunch, a 12:30 shot gun start, an 18-hole shamble, course refreshments, a cocktail hour and dinner, and an awards ceremony.

Organized by YMCA volunteers, the Golf Classic celebrates the legacy of Richard "Dick" Hale who was a pillar of the YMCA's Camp Scholarship Fund. As a charitable organization, the YMCA is committed to serving all people, including those working families who cannot afford the full cost of summer camp. "The Golf Classic has become a fun and important annual event to support YMCA camps," YMCA Board President Bruce Peragallo said. "Thanks to the generosity of the many people who make it successful, we are able to make a significant difference in the summers of many children. Every child deserves to have the fun, friendship and memories that a summer camp experience offers."

The Golf Classic event sponsor is JFK Health. Other sponsors include: Halecon, Jersey Realty Group, The Ayotte Family, Reydel Volkswagen, Costello-Runyon Funeral Home, Metuchen Savings Bank, Provident Bank, LaPorta Builders, Investors Bank, Edison Technologies, Son-Rise Document Solutions and What's The Scoop.



This year's tournament raised \$23,500 for the "YMCA Send a Kid To Camp" Program. This cause continues to be a great investment in our community's future.

See Page 2 for some great pictures of the day's events!

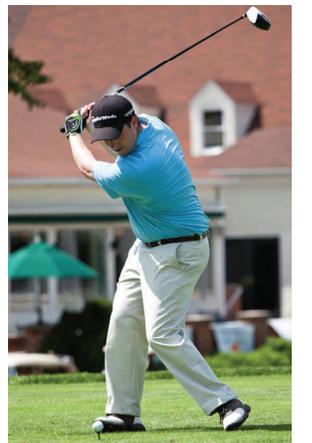
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### DID YOU KNOW?

The Board follows a Conflict of Interest policy to avoid any appearance of inappropriate self-dealing, and requires a) recusal and annual written disclosures, b) the independence of a substantial majority of the board (being neither an employee of nor an independent contractor for the organization, and not related to any employee or independent contractor, c) the roles of chief volunteer officer and treasurer be held by separate individuals, and d) any loan or equivalent be prohibited to any directors, officers, or trustees (including a loan guarantee, relief of a debt, lease obligation, etc.)

# MOMENTS FROM THE GOLF CLASSIC



## ENHANCED FITNESS PROGRAM

The Edison and South Amboy Branches were excited to launch a new Enhance® Fitness program the week of June 6<sup>th</sup>. This program was made possible by a grant from Y-USA. The goal is to have 50 participants by the end of



the year. In their first session launch, South Amboy enrolled 30 participants and Edison enrolled 12 and continues to gain participants.

This evidence-based 16 week fitness program is geared toward older adults, and those with chronic conditions such as arthritis. Classes meet three times a week for 60 minutes each. The classes focus on strength, flexibility, movement and balance. To facilitate this, some



people stand, while some will use chairs to hold onto for support. It's a great way to get in shape and make new friends who will support them and cheer them on at the same time!



The feedback has been wonderful from participants and it's a **fact**: 99% say they'd recommend the program to a friend!

This program was offered FREE to members and non-members during our pilot program.

## NATIONAL LIVESTRONG DAY

To celebrate National LIVESTRONG Day on May 20<sup>th</sup>, **Angela Devigili**, Program Director at the Metuchen Y, decided to make a difference! During the week, she hung a plain white ribbon and had on hand different colored hearts to signify different types of cancer. Throughout the week, members could purchase a heart for \$1.00 and write the name of a loved one who beat cancer, the name of someone who is in treatment now, or in memory of someone who passed away.



On the Friday, the 20<sup>th</sup> Angela held a meet and greet with past and present members of the Metuchen LIVESTRONG group to tell their personal stories.

Everyone was touched and inspired by all of the wonderful stories that were told!

"The LIVESTRONG Program is a wonderful way to really get to know the participants and their family members", Angela pointed out. "I feel so honored being a part of it!"



# AYP CHAPTER 17 ANNUAL RECOGNITION LUNCHEON

The Association of YMCA Professionals (AYP) connects, inspires and empowers Y leaders to achieve personal excellence to support the movement. Each year an Annual Recognition Luncheon is held to celebrate those Y's that have made a difference. Nominated by fellow staff, these nominees represent the epitome of the Y's goals: youth development, healthy living and social responsibility.

This year's luncheon was held on June 10th at McLoone's Boat House in Long Branch, NJ. Program Recognition

Awards went to the Westfield and Ridgewood YMCA's. Seventeen YMCA staff attended the luncheon. After the presentations were made, everyone enjoyed a delicious lunch and the raffling off of 10 raffle baskets donated by each Y, as well as a 50/50. Our table won three raffle baskets!

It was a great way to celebrate those who make a difference, while enjoying the spectacular views of the Atlantic Ocean!



Thanks to Bob O'Neill (husband of Cindy O'Neill, Director of Operations for the Edison Branch) of Cub Liquors of Middlesex who donated this raffle basket. Cub Liquors is a long-time supporter of the YMCA's Annual Campaign.



## BOARD OF DIRECTORS MEETING SCHEDULE 2016-2017

SEPTEMBER 28



NOVEMBER 16

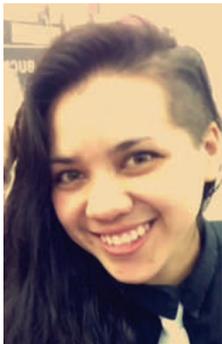


DECEMBER 14



JANUARY 25

## STAFFING UPDATE



Please join us in welcoming **Hannah Thomas** as the new Wellness Director at the Metuchen Branch. Hannah is a health and fitness expert dedicated to promoting healthy lifestyles to the community around her. She has previously served as a fitness specialist for the Harlem Children's

Zone as a member of the initiative called "Healthy Harlem" whose mission was to provide health education and resources to low-income communities. She has spent many years as a coach of soccer and softball, coaching Metuchen High School's varsity softball team this past season.

Hannah is a graduate of Penn State, where she

completed a Bachelor's Degree in Kinesiology with a focus in Movement Science. Hannah was also a member of Penn State's Boxing Team, competing for three years before she won the Eastern Regional Women's Tournament in her final year. Although she doesn't box competitively anymore, she uses the sport as a means to stay fit and loves to teach people the basics of the sweet science. To quell her competitive nature, Hannah likes to keep busy outside of work by playing sports that include soccer, billiards, and Frisbee.

Hannah is thrilled to join the Metuchen YMCA as the branch's new Wellness Director and looks forward to becoming a part of a great organization!



## PRESIDENT'S VOLUNTEER SERVICE AWARD

Dhyanashri Raman (l.) and Archith Raman (r.) were awarded the President's Volunteer Service Award, an award that recognizes individuals who have achieved the required number of community service hours over a 120-month time period. They each received an official certificate, a letter from President Obama and a volunteer medal awarded to them by Sonya Rosebrock, the Program Coordinator of the Edison Y Volunteer program.



Dhyanashri has 38 hours of volunteer service and Archith has 41 hours of volunteer service in Aquatics, Art and Chess. Each child also participated in our Special Events with Togetherness, 5K, and Halloween.

This prestigious award is a tremendous honor. It sets them apart from their peers and delivers a powerful message that encourages others to take action. We are very proud of them!

## EARLY LEARNING UPDATE

**P**rofessional development is in full swing in the Child Care Branch. We are wrapping up our Lead Teacher Meetings for the school year this month and gearing up for our Annual Training Event in August.

Every month of the school year, our directors, Leanna Felipe (Grace Early Learning Center), Jennifer Guthlein (Edison Y Early Learning Center), and Angelique Nabi (Edgar Early Learning Center) implement a one-hour specialized training class for our Pre-School and Infant-Toddler Lead Teachers that focuses on topics such as curriculum, early education rating scales, and leadership. This gives our teachers the opportunity to learn skills that will extend their education & experience. It also gives them an opportunity to build relationships with each other and use each other as resources to problem-solve challenges they may be experiencing in their classrooms as well as share ideas on lesson planning and behavior management. As you can imagine, these sessions are invaluable to the participants.

Our leadership team is in the process of finalizing our Annual Training Event in August. This encompasses two days (11.5 hours) of training for all teachers, exceeding the state requirement of ten hours per year. The training will take place Wednesday, August 31st at Middlesex County College and Thursday, September 1st at the Middlesex Fire Academy. Close to 150 teachers will attend these trainings. Topics covered will be differentiating instruction, child abuse, customer service, stress management, specialized feeding issues, STEM, developmentally appropriate practice, special needs, leadership, and more. As with our Lead Teacher Meetings, these sessions help us meet our training requirements for the year with our licensing and accreditation agencies, as well as build skills, create life-long learners, develop networks of teachers and trainers, and give the teachers a renewed energy to begin a successful new school year!



## NEW BOARD MEMBER



The YMCA Board of Directors is pleased to announce the addition of a new Board member! Letitia (Tish) Coughlin is a resident of Fords, NJ. She is a graduate of Hunter College/CUNY. She currently works for Barnes & Noble as a

Community Business Development Manager and is a New Jersey Democratic State Committeewoman, as well as a Middlesex County Democratic Committeewoman. She is also the Vice-Chair of the Woodbridge Township Democratic Committee and past President of the Presidents Council of Woodbridge Township. Tish is married to Assemblyman Craig Coughlin, who represents the 19th legislative district. Together they have three sons, Craig, Vincent and Nicholas.

We look forward to Tish's participation and contribution to our Board of Directors and know she will find it a valuable and rewarding experience! Welcome aboard, Tish!

## HEALTH OUTREACH EVENT

The Middlesex County Faith-Health Initiative Conference was held on Monday, June 20, 2016 at the Edison YMCA. This event was organized by Jay Elliot, YMCA Board Member. YMCA members and Middlesex County faith-based organizations were invited. This conference was held so that the community could join in a discussion with health officials and community stakeholders to learn about programs and services that are available to community residents and members of faith communities and to develop partnerships. Besides the Edison YMCA, some of the other participants included: Middlesex County Cancer Education and Early Detection (CEED) Program, Regional Chronic Disease Coalition of Middlesex and Union Counties, Middlesex County Greenway, Edison Greenway Group, JFK Medical Center, Edison Municipal Alliance, Edison Department of Health & Human Services and Woodbridge Department of Health & Human Services. The attendees found the session extremely informative!



## EDISON FAMILY FUN DAY



Edison Family Fun Day was held on June 12<sup>th</sup> from 11:00 a.m. to 4:00 p.m. at the NJ Convention and Expo Center in Edison, NJ.

The Edison Y represented the Association at the well attended Edison Family Fun Day. Information was displayed about all that the programs that the Y



has to offer! Families got to enjoy a number of fun activities, rides, crafts face painting, games and free giveaways. There was also a free health fair and screening and food sampling by local eateries. The children especially loved the Dragon Bounce House!

Board member Jay Elliot was in attendance as well as Mickey Gross. All in all, it was a fun-filled and informational day!

# UPCOMING EVENTS & MEETINGS

## JULY-OCTOBER

July 8	<b>PROPERTY COMMITTEE MEETING</b> AO Conference Room	2:30 p.m.
July 13	<b>DONOR STEWARDSHIP BREAKFAST</b> Oakcrest Pool	10:00 a.m.
September 18	<b>JANICE GARBOLINO MEMORIAL 5K RUN/WALK</b> Roosevelt Park, Edison	8:30 a.m.
October 9	<b>TOT TROT AND FAMILY FUN RUN</b> Metuchen High School	

## IT'S OFFICIAL!



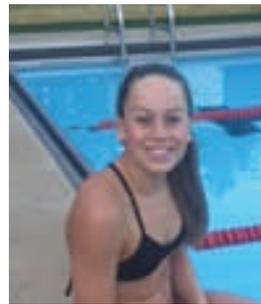
At the Board of Director's meeting of June 22nd, the Board unanimously voted to appoint Rose Cushing as the permanent CEO and President of

the YMCA of MEWSA. Her reputation clearly preceded her as every Board member in attendance seconded Bruce Peragallo's motion to make Rose's position permanent. Given Rose's impeccable track record with the Y during her 26 year tenure, she was the obvious choice.

Congratulations, Rose! We know you will continue to do an outstanding job!



## MEY SWIMTEAM



Introducing Sarah Hardy, 15-year-old superstar headed to Minneapolis on August 6<sup>th</sup> to compete in the Junior National Swimming Championship. Sarah's success is attributed to her

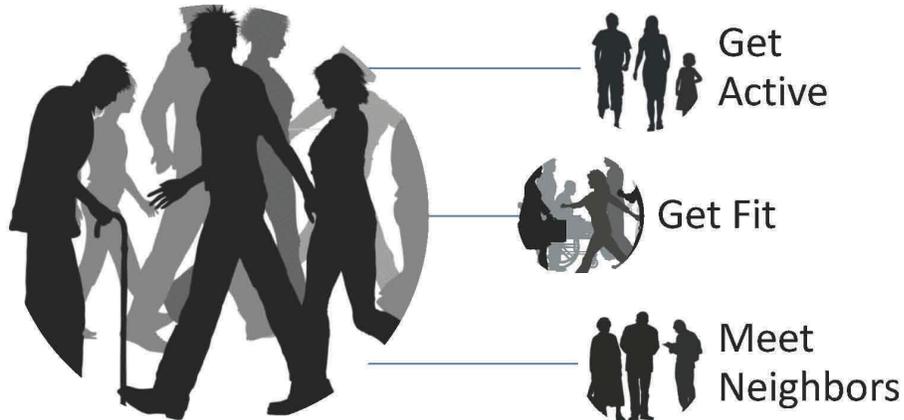
strong work ethic, a healthy attitude and team support. Coach Jim Petrozziello believes that Sarah has what it takes and notes that she wants to know how she can improve and works toward her goals everyday in the pool and in the gym. Sarah will also represent MEY at the YMCA Long Course Nationals in Indianapolis in late July where she will provide leadership to her teammates as a top qualifier. Good luck, Sarah!



## MAL VISITS THE Y

*Long time supporter and friend of the YMCA, Malcolm Wernik and friend stopped by last week to say hello to the staff. We are always happy to see him!*

# Come for a Walk!



Bike-Walk Metuchen is pleased to announce the formation of 2 walking groups! Both groups are open to all individuals and leashed pets. While the days, times & meeting locations differ, both routes will include some walking along the Greenway.

## Tuesday Evenings

Start date: Tuesday, July 5

Time: **7:00 PM**

Where: In front of Brewed Awakening  
on Main Street

Duration – You decide

## Thursday Mornings

Start date: Thursday, July 7<sup>th</sup>

Time: **6:00 AM**

Where: Pierson ave. parking lot, behind  
the old A&P, next to the Greenway  
entrance

Duration – You decide

If you have any questions, please email Bike-Walk Metuchen at: [bike.walk.metuchen@gmail.com](mailto:bike.walk.metuchen@gmail.com)

**BIKE | WALK**  
**METUCHEN**