

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

April-May 2018 ★ Board of Directors Update

YMCA OF MEWSA CONDUCTS COMMUNITY NEEDS ASSESSMENT

The YMCA of MEWSA is working with Y-USA to conduct a community needs assessment in all of our service areas. The CNA was launched on April 9th to thousands of households in the community through the efforts of Paul Casey, VP of Operations and Branch Development, the Directors of Operations: Marie Patterson, Beth Helsby and Cindy O'Neill, and Child Care Director Cindy Shields for the Woodbridge area. To reach the widest audience possible, the Y team identified community partners who served as distribution agents to disseminate the survey to their patrons and other business partners. The Y also distributed the survey to all of its families and members via a Constant Contact.

Results from the survey, which will remain open until mid-May, will help to design and deliver new and enhanced programs and services that address critical social issues in our communities in the areas of youth development, healthy living and social responsibility. Responses are kept confidential and the survey takes only five minutes to complete. Results will be compiled into an executive summary that will be shared with our community partners. In addition, a free 3-month membership is being raffled off to all those who complete the survey.

As Board members, we ask your help in making this community needs assessment a successful one by taking and also distributing the survey to those individuals who you know in our service area. The link to the survey can be found [here](#). If you wish to forward this link to others, wording for the email can be found [here](#).

If you have any questions regarding the survey, please contact Paul Casey at paul.casey@ymcaofmews.org.

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DID YOU KNOW?

The 97TH ANNUAL DINNER is going to be held on May 2nd from 6-9 p.m. at the Pines Manor in Edison.

Board members may assume that we know they are attending the Annual Dinner, however, in order to get an accurate headcount, we are asking that you take a moment to RSVP [here](#). We hope to see everyone there!

INVESTOR'S BANK PRESENTS CHECK FOR LEADER'S CLUB



Investor's Bank presents the YMCA of MEWSA a check in the amount of \$10,000 for Leader's Club. The grant will provide funds for the program at all three branches.

Pictured (l. to r.): Paul Casey, VP of Operations and Branch Development, Marie Patterson, Director of Operations/Metuchen Y, Matthew Melchione, YMCA Volunteer, Dee Ayesha Abedraboh, Vice President and District Manager/Investor's Bank, Leaders Club participants: Caroline Schleif, Uma Iyer, Alan and Alex Wu, DeAngelina Inman, Assistant Vice President, Branch Manager/Investor's Bank, Rose Cushing, President & CEO, Bruce Peragallo, Chairman of the Board and Barbara Verikas Youth & Teen Program Director, Metuchen YMCA.

Raritan Center invited the Metuchen YMCA to set up a table in their Xtreme Healthy Café on April 12th from 11:00 a.m. to 2:00 p.m. to speak with their employees about our programs and services. Chrissy Tolley (left), Hannah Thomas (right) and Bradford Lindsey (not pictured) were on hand to talk about our fitness and exercise programs and to hand out literature.

Employees were also asked to fill out the Community Needs Survey for a chance to win a free, 3-month YMCA membership.



Photo courtesy of Bradford Lindsey

METUCHEN Y HOLDS JUNGLE-THEMED NIGHT

The Metuchen YMCA Preschool and Kindergarten Extended Day Families hosted a Jungle Themed Family Night on March 23rd. This fun event included games, activities, crafts, jungle slime, face painting, snacks, festive photo opportunities and so much more! All proceeds from this event benefitted the Annual Support Campaign.



-Contributed by Pam Cohen

WILD ABOUT READING!

Metuchen Y Child Care hosted a Scholastic Book Fair from March 19-29 that brought books that the children wanted to read right into their school. There was a wonderful selection of engaging and affordable books for every reading level. Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. All funds raised from the Book Fair directly support the Preschool, Kindergarten Extended Day and School Aged Child Care programs at Metuchen.



-Contributed by Pam Cohen



CHILD CARE SERVICES DONATES BABY WIPES

Child Care Services

organized the
donation of baby wipes

that were given The
Center for Great Expectations (CGE), an
organization that then distributes them to
expectant, homeless mothers.



CGE provides a safe place for homeless pregnant women to engage in treatment, rebuild self-esteem and healthy relationships and break the inter-generational cycle of substance use, abuse, neglect and homelessness. The effort was organized by Child Care Directors Erin Siemers and Cindy Shields. Approximately 50 packages of baby wipes were donated from staff and parents. What a great way to give back!

-Contributed by Erin Siemers

FAMILY MUSIC NIGHT AT COLONIA LEARNING CENTER

In honor of Month of the Young Child, Colonia Learning Center held a Family Music Night with a performance by the renowned Mr. Ray on April 13th. The event was free for all Y families. Afterwards, the children enjoyed a pizza dinner and refreshments. The children love Mr. Ray and everyone had a wonderful time!

-Contributed by Cindy Shields



YMCA WELCOMES TWO NEW BOARD MEMBERS!



The YMCA welcomes two new Board members, Sharon List and Glenn Gawronski!

Sharon List is a Certified Public Accountant who currently works for Teligent, Inc., a pharmaceutical company, as an Assistant Controller. She has an extensive background in finance and accounting and has public auditing background with a Big 4 Firm. She holds her bachelor's degree in Accounting from Rutgers School of Business. Sharon and her husband moved to Metuchen in 2005 and quickly fell in love with the town. Their two sons, ages 3 and 5, are full time students at Edgar Early Learning Center. They are also YMCA members and enjoy all the programs that the Y offers. Sharon has a desire to become more connected within the community and to offer her assistance and expertise to the YMCA Board. She has recently taken a part-time role in order to allow herself more time for her family, to pursue her interests outside of accounting, and to contribute to the community.



Glenn is the Chief Executive Officer of Bryon Place Capital Management, an investment management firm focused on investments in commercial real estate, private businesses and publicly traded equities. He holds his degree in Economics with a concentration in Finance from The Wharton School and The College of William and Mary. He is a CFA Charter holder, member of the New York Society of Security Analysts and the CFA Institute, as well as being a Board member at the Community Nursery

School and the Metuchen Branch Board of Managers. He also serves as Treasurer for the Metuchen Parking Authority and is President of the Gawronski Family Foundation. Glenn is a resident of Metuchen and has three children: Kayla who is 10, Colin who is 9, and Brynn who is 5. In his spare time, Glenn coaches youth baseball, softball, basketball, flag football and soccer.

Both Board members terms are effective April 2018. We know both Sharon and Glenn will make great additions to our Board!

EDISON Y RECEIVES GRANT FROM ALLSTATE



Thank you to Allstate volunteer for being a positive force for change in our community! Pratibha Katariya, an Allstate Insurance Agent as well as serving on the Edison Branch Board of Managers, gave of her time and

enabled us to receive a Allstate Foundation Helping Hands Grant. The Allstate Foundation supports the causes that Allstate agency owners, financial specialists and employees care about most by providing Helping Hands Grants to nonprofits where they volunteer their time to bring out the good in their communities.



Allstate
You're in good hands.

HIDDEN IN PLAIN SIGHT

The Edison YMCA, in conjunction with the Edison Municipal Alliance, presented Hidden In Plain sight on April 12th. The interactive learning opportunity was presented by Special Agent Timothy McMahon from the Drug Enforcement Administration. Tim showed parents how everyday items in their child's room could be a sign that their child is involved with drugs or alcohol. Tim



highlighted signs and symptoms of alcohol/drug abuse and taught skills for proactive parenting. The event was well attended and parents learned a great deal.

-Contributed by Cindy O'Neill

MACY'S PARTNERS WITH Y TO SEND A KID TO CAMP

Once again, the Y will be participating in the Macy's Help



Send Kids to Summer Camp promotion! The campaign is designed to generate awareness for our work and solicit donations for camp scholarships, ensuring that all kids can experience summer camp at the Y. Last year's effort sent 8,000 kids to camp and engaged more than 325,000 donors nationwide.

The YMCA of MEWSA has been matched with the **Woodbridge** (Woodbridge Mall) and **Edison** (Menlo Park Mall) Macy's stores. The campaign will run from May 1st to May 22nd and will only be available in-store. Customers will be asked to "round up" their purchase to the nearest dollar on the pin pad when making a purchase, allowing donations of up to .99 cents to be made to our YMCA. Last year, \$2,300 was raised to send kids to camp through this campaign.

Please support our YMCA by making a purchase and "rounding up" at either the Woodbridge Mall or Menlo Park Mall Macys between May 1-22!

SAVE THE DATE TEE OFF FOR KIDS

**2018 RICHARD HALE MEMORIAL
YMCA GOLF OUTING**

**SUPPORTING THE SEND A KID TO CAMP
SCHOLARSHIP PROGRAM**



Tuesday, June 5



**Metuchen Golf
& Country Club**

OUR COMMUNITY PARTNER: METUCHEN SAVINGS BANK

Metuchen Savings Bank has long been a community partner and supporter of the Y.

Pictured right is the YMCA table that MSB invited the Y to set up at the bank promoting our Annual Support Campaign and our programs and services.

Far right Rose Cushing and Lorraine Mulligan "color in" the thermometer located outside the bank which shows the progress of the Annual Support Campaign. Lorraine also stepped up this year to head up the Major Gifts portion of the campaign. Thank you MSB!



METUCHEN SAVINGS BANK *In Touch.*

SOUTH AMBOY HOLDS SPIN-A-THON



On March 24th; the South Amboy YMCA held a Spin-A-Thon to support the Annual Support Campaign. The event was held from 9-1pm and had 10 participants. The 2018 spin-a-thon raised \$530 to support the campaign.

-Contributed by Sue Chanese

CHILD CARE SERVICES TO BE HONORED

On Friday, May 4th, YMCA Child Care Services will be honored at the Hackensack Meridian Health, "Career Options Day", sponsored by JFK Vocational Rehabilitation. This annual event features career workshops for job seekers with disabilities and also holds an awards ceremony, honoring one or two organizations a year who have been long-standing partners with the program to recognize them for their contributions to the program and the young people they serve. Child Care Services will be honored at their awards ceremony and will also be provided an exhibitor table at the career fair free of charge to showcase our programs and services, provide membership information, entice volunteers and recruit potential employees.

Pictured right is Robert Rios, one of the many volunteers from the JFK Career Development Program, reading to the children at Our Savior's Learning Center.

-Contributed by Erin Siemers



MORE FUNDRAISERS BY BRANCHES & CHILDCARE



Metuchen held a fundraiser at Anthony's Coal-Fired Pizza in Edison on March 27 with 20% of the proceeds of all sales that evening going to the Annual Support Campaign. The turnout was wonderful and the Metuchen Y raised almost \$400!



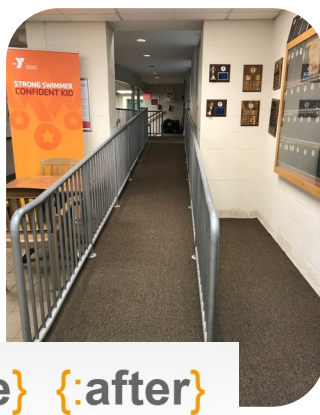
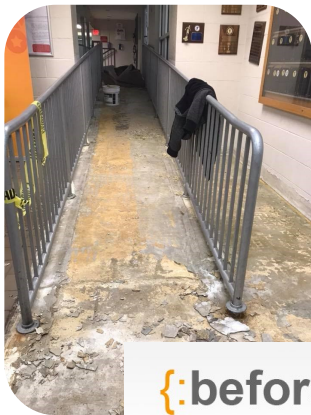
Edgar Early Learning Center held a "Dine & Design" event on March 22nd that was fun for all members of the family! Guests were provided with a pre-sketched 8"x10" canvas and supplies to enjoy an hour of self-guided painting. Afterwards, everyone

enjoyed a pizza dinner, salad and assorted desserts. The event raised over \$300 for the Annual Support Campaign!

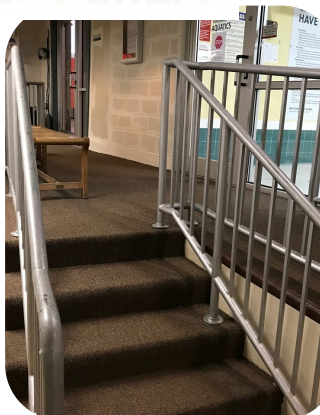


-Contributed by Angelique Nabi

METUCHEN HALLWAYS GET A FACELIFT!



{:before} {:after}



The Metuchen Y installed new carpeted flooring around the pool and locker rooms area. These renovations were to ensure the safety of members as well as improve the aesthetics of these areas.

EDISON LEADER'S CLUB

The Leader's Club of Edison participated in a Global Youth Initiative that displays youth Leadership on learning how to be a person of value and who adds value to others. Today's youth face many challenges – struggles with confidence, fear of failure, and bullying. As parents, teachers and leaders, we can do something about it!

During Global Youth Initiative month, certified members of the John Maxwell Team hosted Global Youth

Initiative event at the Edison YMCA Leader's Club. The initiative's goal is to reach 500,000 young people. Youth who attend these events will be equipped, inspired, and empowered to have a positive self-image, respect themselves and others, be a positive influence, and fall forward toward success. The Leadership Game was orchestrated by Arlene Eckert and her assistant John Kunzand the Y's youth player was Soham Kulkarni. Eric Meshirer, new Program Director at the Edison Y, also attended the event and will take on the Leader's Club going forward.

-Contributed by Cindy O'Neill



CYCLE TO END M.S.



The Metuchen Y held their annual fundraiser for the National MS Society called "Cycle to End MS" on March 25th! There were 10 bike riders and \$250 was raised for their cause. Great job!

-Contributed by Hannah Thomas

SWIMMING GRANT RECEIVED

The Y received notification of a grant award in the amount of \$6,000 from Y-USA to be used for swimming scholarships for children from underserved communities in all of our service areas.

This grant will serve children at all three branches and Oakcrest. Rose Cushing notes that this grant award will go a long way to subsidize swimming lessons already provided to children from disadvantaged families in Perth Amboy. To date, the Y has been providing these lessons at no charge as part of our commitment to reduce drowning rates and keep kids safe in and around the water.

Sue Chanese, Aquatics Director at the South Amboy Y, will serve as Project Supervisor for this grant. She can be reached at susan.chanese@ymcaofmewsa.org.

UPCOMING BOARD OF DIRECTORS MEETINGS

MAY 2 (ANNUAL DINNER)



JUNE 27



SEPTEMBER 26

EDISON CELEBRATES HOLI DAY AND ST. PATRICK'S DAY

The Edison YMCA celebrated both the Holi Festival and St. Patrick's Day on March 17th. The Holi Festival is an Indian holiday that marks the end of winter and the upcoming spring season. It is spent throwing colored powder at each other, having parties and dancing. Many Edison community members showed up to enjoy the fun of the day!



SOUTH AMBOY ELEMENTARY SCHOOL VISITS SAY

Classes from the 3rd, 4th and 5th grades visited the South Amboy YMCA in March for some fun outside of the classroom. Students had the chance to play in the gym, get time in the bounce house, take advantage of activities in our MPR and swim in the pool! All the students left the Y that day with smiles on their faces.



SAY CYCLONES BANQUET



Pictured l. to r.: Coaches Katy La Cerra, Libby Dobrzynski, Scott Moehl, Frank Taormina, Sue Chanese

On March 24th the South Amboy Cyclones held their swim team banquet at the Knights of Columbus in Parlin.

Awards were given for Rookie of the Year, Most Improved Swimmer, Clownfish Award, Coaches Award and SABY Award.



Each swimmer received a SABY towel as their swimmer's gift. All seniors also received an award, as well as their head coach Scott Moehl who is retiring after this season.

-Contributed by Matt Kaefer

SAY LEADER'S CLUB KICKS OFF

The teen Leader's Club gathered on April 10th at the South Amboy YMCA to create vision boards, to help them map out their goals and dreams. Topics discussed included how they see themselves as a leader and what qualities a leader possesses.

One of the projects that the teens are planning is an inter-generational event with the seniors from the Venetian Care and Rehabilitation Center located across the street from the branch.



-Contributed by Matt Kaefer

SABY CELEBRATES ST. PATRICK'S DAY

The South Amboy YMCA participated in the town's annual St. Patrick's Day parade on March 18th. The day was filled with traditional Irish music and spirit! The YMCA float was towed around town by PJ Cavanaugh's with an accompanying train for the kids donated by Big Marks Action Park. It was a great way to get out and meet the community that SAY serves!

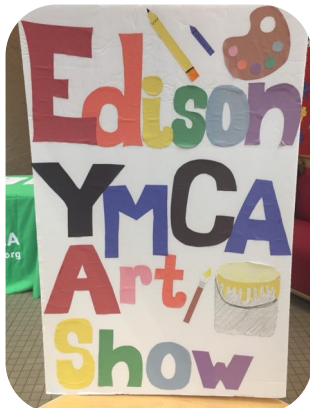


L. to r.: Ted Lawrence, Nicole Miller, Matthew Kaefer, Susan Chanese, Mary Valera, James Hurdle, Donovan Sanders, Tara Francis

Top: Brooke Moehl, Kylie Vazquez, Beth Helsby and Scott Moehl

-Contributed by Matthew Kaefer

EDISON HOSTS 2ND ANNUAL ART SHOW



The Edison YMCA held their 2nd Annual Art show and it was a great success! The children in the Early Ed and SACC Programs worked extremely hard on their masterpieces and it truly showed. The paintings were then sold, raising over \$300 to support the Y's Annual Support Campaign. All the families who came to the show were delighted to see



how beautiful the artwork was.

-Submitted by Jennifer Guthlein

SOUTH AMBOY KICKS OFF LIVESTRONG PROGRAM

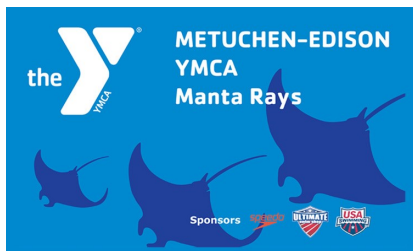
The South Amboy YMCA has kicked off their LiveSTRONG® at the Y Program! Shown right, Irina Fookson from Kessler Rehab speaks to the group on many topics, including safe ways to exercise after treatment.

LiveSTRONG® at the Y helps people move beyond cancer in spirit, mind and body by offering a 12-week program for cancer survivors, including full facility membership.

-Contributed by Sue Chanese



MEY HOLDS SWIM TEAM BANQUET



The Metuchen-Edison Swim team (MEY) held their Annual Swim Team banquet on April 12th at the Grand Marquis. Pictured right are the swim team coaching staff (left to right: Ryan Carlucci, Billy LaPorta, Jim Petrozziello, Janice Rein, Rachel Gold and Brooke Sweeney.)



-Contributed by Marie Patterson

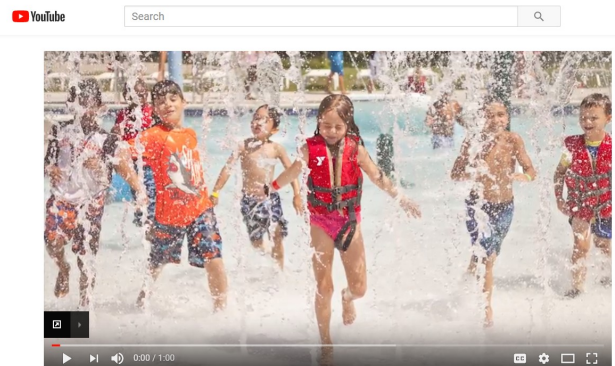
YMCA RECEIVES HWYC GRANT

The YMCA has received notification that they are one of 15 YMCA's across the country to receive a grant in the amount of \$20,000 for a new initiative being launched by Y-USA called "Healthy Weight and Your Child". This initiative was designed to address the growing concern of childhood obesity in the United States. More than one third of children and teenagers two to 19 years old are obese or overweight and that rate has tripled in the past 30 years. Obesity can have a harmful effect on the body in several ways, putting children at high risk to develop cardiovascular disease, diabetes, sleep apnea, asthma, joint problems, heartburn and social and psychological problems.

Obese children are more likely to become obese adults, leading to more serious health conditions including heart disease, diabetes and some cancers. Obesity is directly connected to a critical social issue affecting our communities: high rates of chronic disease.

Y-USA has acquired a license for a proven family-based weight management intervention, called MEND, to address childhood obesity in local communities and are currently in the process of developing a model that will be tested by the 15 YMCA's who were selected as grant recipients. Eventually, Y-USA will scale and disseminate HWYC to be widely available to YMCA's across the nation who have the capacity to deliver it.

CHECK OUT OUR NEW CAMP VIDEO!



YMCA of MEWSA Summer Camp

Check out the Y's new camp video! Done by Rob and Aubree of [2B Entertainment](#), the video gives a great peek into all that our camps offer!

<https://youtu.be/WEjb0UywQrc>

A Camp Open House will also be held at all three branches on Saturday, April 21st from 11:00am-2:00 pm.



Lori Ricigliano, HR Assistant in the Payroll Department, receives her 10 year pin from Rose Cushing, President & CEO.

Congratulations, Lori!

UPCOMING EVENTS & MEETINGS

MAY

- 2 **YMCA 97TH ANNUAL DINNER**
Pines Manor, Edison—6:00 p.m.
- 2 **BOARD GOVERNANCE (IN CONJUNCTION W/ANNUAL DINNER)**
Pines Manor, Edison—6:00 p.m.
- 3 **CHILD CARE COMMITTEE**
AO Conference Room—5:00 p.m.
- 4 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 16 **FINANCE COMMITTEE**
AO Conference Room—6:30 p.m.
- 29 **MIDDLESEX COUNTY YMCA BOARD MEETING**
TBD

JUNE

- 1 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 6 **BOARD GOVERNANCE**
AO Conference Room—5:30 p.m.
- 12 **FINANCIAL DEVELOPMENT**
AO Conference Room—12:00 p.m.
- 15 **IT**
AO Conference Room—8:00 a.m.
- 20 **FINANCE COMMITTEE**
AO Conference Room—6:30 p.m.
- 27 **BOARD OF DIRECTORS**
Wernik Room
5:30—Fellowship 6:00—Meeting

Association

Edison

Metuchen

South Amboy

