



TOT TROT & YOUTH FUN RUN

The 10th Annual Tot Trot & Youth Fun Run was held on Sunday, October 14th at Metuchen High School. A special thank you to Bruce Peragallo for assisting with this. Over 130 children and their families enjoyed the day which started out with

games, face painting, yoga, playing in the Bounce House and getting to sit behind the wheel of a real fire engine and police car! This year, there were two additional races added in: the Diaper Derby and the Toddler Dash. Contrary to the picture (left), both were very successful!



Rose Cushing welcomed everyone to the races. The children were very excited to show their skills in finishing the race. All children who participated received a medal for their hard work and determination.

The race was sponsored by Hackensack Meridian Health/JFK Medical Center and Metuchen Savings Bank. The event made \$7,609, with proceeds helping to support families with scholarship assistance when they are unable to pay the full cost of childcare. It also provides assistance to families in crisis and allows the Y to temporarily provide tuition assistance in the event of a family emergency. Please visit our website at <https://www.ymcaofmews.org/giving/tot-trot> to see all of the sponsors of the race.

Of course, our volunteers and Leader's Club were on hand to help out during the event. See page 2 for more photos!



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STAY CONNECTED!

Association Office



Metuchen



Edison



South Amboy





DID YOU KNOW?

WHAT IT TAKES TO BE A SUCCESSFUL FUNDRAISER

Start by reaching out to friends and family. Think about your fundraising strategy like peeling an onion from the inside out. The best fundraisers start by asking their closest contacts first and progressively working outward to more distant contacts. Why? Your closest contacts are the ones most likely to donate. Studies show that as you make progress towards your fundraising goal, people become more and more likely to donate to you (success breeds success!). When you start with your closest contacts and work outwards, you ensure that you build up progress from your core supporters before you reach out to the people who are less likely to donate.

This means maximizing your chances of successfully meeting (or exceeding) your fundraising goal!

Getting Started

Day 1: Send an email to 10 very close contacts (family and your closest friend or two)

Day 2: Send an email to 10-50 close contacts (your entire circle of good friends).

Day 3: Send an email to as many other contacts that you feel comfortable sending a message to (co-workers, friends of friends, distant relatives, your entire address book, etc.)

Day 4: Promote through social media and to anyone else who will listen.

And don't be afraid to send follow-up emails! Your close friends and family won't mind hearing from you a few times.

Writing a General Email

Start by explaining your connection to the cause and why it's important to you. Describe how the cause has touched your life and explain the good work the Y is doing to advance the cause. This helps potential supporters understand where their money is going and what it would help accomplish. Be clear to potential supporters about what you are looking for; make a direct ask for financial support. Thank them for their time and support.

Source: <https://www.classy.org/fundraising-tips>



UPCOMING BOARD OF DIRECTORS MEETINGS

December 12



December 19 (Holiday Party)



January 23, 2019

METUCHEN Y GETS NEW BRANCH BOARD MEMBER

The Metuchen Y welcomes new Branch Board member, Jessica Weiss!

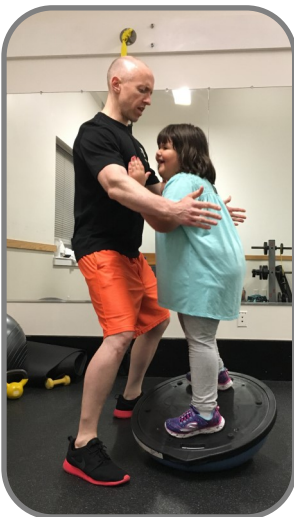
Jessica is a resident of Metuchen with her husband and two young sons. In her past life she ran galas for the NY Eye & Ear Infirmary, was a Customer Success Manager for Real Capital Analytics, Inc., and became a Certified Salesforce Administrator. She is also Founder of the Mommas of Metuchen group. Jessica also serves on the Metuchen Borough Traffic and Transportation Committee. She holds a BA/BS from SUNY Geneseo and a Master of Arts Management from Carnegie Mellon University. Jessica has run six marathons and you can find her working out at the Y or running/biking around Metuchen.

Welcome, Jessica!



EXERCISING SPEECH AT METUCHEN Y

The Metuchen Y has introduced a new program called Exercising Speech which is designed as one-on-one personal training sessions for individuals with communication deficits to help them improve their physical fitness while simultaneously increasing their receptive, expressive and pragmatic language abilities. The children work with a nationally certified Personal Trainer, James Farley, who is also an ASHA-certified Speech Language Pathologist.



The children will receive a twofold benefit from this program: improving their physical fitness and working on their social and communication skills. In addition to physical health, each session will work on improving the individual's abilities pertaining to decision making, conveying wants and needs, articulation and speech intelligibility, following directions as well as pragmatic and social skills.

Communication skills will be worked on with the certified instructor by helping them to articulate their thoughts, communicate and comprehend verbal and non-verbal communication, initiate communication with others, learn to express needs/wants, develop conversational skills, exchange ideas, develop relationships, and enjoy interacting with others.

Because of the uniqueness of this program that is not offered anywhere in Middlesex County, James is happy to report that his schedule is filled to capacity!



Click here to watch a [video](#) of a class and some feedback from James on how the class began!

For more information, contact James Farley at exercisingspeech@gmail.com.

IMPORTANT DATES

Annual Campaign Family Launch
October 15–November 30

Fall Session
October 29–December 23

Giving Tuesday
November 27

Board Holiday Party
December 19

Winter Session
December 31–February 24

Community Annual Campaign
February 1–March 31

METUCHEN DOMINATION AT COUNTRY FAIR!

The Metuchen Country Fair, sponsored by the Chamber of Commerce, was held on Saturday, October 6th with this year's theme being "Let There Be Art!" The Metuchen and Edison Branches and Child Care Services shared the parking lot behind the Metuchen Bank, creating a united front to represent the Y! Taking the "art" theme very seriously, Bradford dressed as Bob Ross and chalked in street art around the manhole covers. There were plenty of art-themed crafts and activities for the children including "Pin the Paint on the Palette", a community fingerprint art project, art displays by the students from Metuchen's "Arts & Crafts Studio" class and SACC program, as well as parachute games, music, the Bounce House and staff dressed in costume! The entire section was decorated with colorful, art-inspired surprises including rainbow streamer entryways and chalk paths leading guests into the "World of Fun", complete with wooden brooms fashioned to look like large paintbrushes, adorning one of the activity tents.



L. to r.: Jillieanna Peguero, Pam Cohen, Cindy O'Neill, Barbara Verikas, Bradford Lindsey and Angelica Causing celebrate their blue ribbons!

The Leader's Club was on hand to help out at the event. Staff had a wonderful time interacting with the community, highlighting programs and services that the Y currently offers and new programs coming in the future. Edison Firefighters joined the crew to sell t-shirts supporting breast cancer awareness.

Best of all, the team was elated to learn that all of their hard work paid off when they won TWO awards: Chamber Member Contributing Most to the Spirit of the Fair and first place in the Most Interactive category.

Great job to all the staff who worked so hard into making this day a fantastic success!



Bradford Lindsey dresses up as Bob Ross and brightens up the manhole covers in the streets with his chalk art.



-Contributed by Barbara Verikas

Fit Friday at the Metuchen Y!

Feeling guilty after a day of gluttony on Thanksgiving? The Y can help!

On Black Friday, November 23rd, the Metuchen Y will be holding their Fit Friday event for the second year in a row! The event will be starting at 7:00 a.m. with a Spin class and ends around 1:00 p.m. Other classes include BoxFit, Core Conditioning, Yoga, Step, Total Body, Zumba, Fit for Life, and more. Staff members from the Edison Y will also be on hand to conduct classes as well as Edison YMCA members who are invited to participate in the event!

For more information, contact Ara McKay at ara.mckay@ymcaofmewsa.org.



WALGREENS GIVES FLU SHOTS AT THE EDISON Y

Walgreens was at the Edison Y as part of their Get a Shot-Give a Shot® Campaign. For every flu shot they administer, they will help provide a lifesaving vaccine to a child in a developing country. They administered 25 flu shots at the Edison Y on October 3rd and to date, they have helped provide 34 million lifesaving vaccines to children in need around the world.



Edison Branch Board member Swati Lotikar-Kamath (pictured center) stops by for her flu shot.

Did you know that one in five children worldwide lacks access to lifesaving vaccines? And every 20 seconds a child dies from a vaccine-preventable disease. Source: Shotlife.org. If you wish to participate in this program, talk to a pharmacist today at [your local Walgreens](#), or [schedule an appointment now](#).

-Contributed by Cindy O'Neill



Leezee Jariwala and Khusbu from Walgreens administer flu shots to Edison members.



EDISON VOLUNTEERS RECEIVE 2ND PRESIDENTIAL AWARD

Once again, Edison volunteers and siblings Dhyanashvi and Archith Raman have received the President's Volunteer Service Award which recognizes our community's most committed volunteers.

This year, Dhyanashvi and Archith co-lead and successfully completed a "Share Your Blessings" Book Drive in support of the African Library Project. They collected over 1,000 books between February and June that will help set up a library for the Jamiah Malawi Islamic High School in Malawi, Africa. This noble endeavor and achievement will light up the lives of thousands of Malawi children. The African Library Project thanked the Edison YMCA, along with other participating schools and libraries in the area, for helping make the Book Drive a great success.

This presidential recognition sets Dhyanashvi and Archith apart from their peers and is a tremendous honor. Although they do not seek recognition, their example delivers a powerful message that encourages others to take action. Of note is that they also received the presidential award in 2016 as well. There is an annual minimum number of community service hours required to receive this award, however, Dhyanashvi and Archith have far exceeded that goal, accumulating 244.35 hours and 228.75 hours of volunteer service, respectively.

To learn more about the African Library Project, visit www.africanlibraryproject.org.

-Contributed by Cindy O'Neill



Dhyanashvi (l.) and Archith (r.) proudly display their volunteer medals and certificate with Cindy O'Neill (above) and proud mother, Krishnakumaari (below)

HALLOWEEN AT THE BRANCHES!



PANERA DONATES BREAD TO SOUTH AMBOY Y

Every Friday at the South Amboy Y, they are able to provide members with free bread as well as other baked treats from Panera Bread located in Parlin, as a way to help serve the community and build healthy relationships.

Instead of throwing out all of their unsold bread and baked goods, Panera donates them to the YMCA who provides the baked goods to their members.

Thank you Panera for your delicious and bountiful donations!

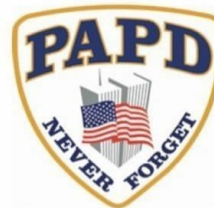
-Contributed by Matthew Kaefer



Have an article or item of interest for the newsletter?
Please submit to Veronica Vargas at
veronica.vargas@ymcaofmews.org.

CHARITY HOCKEY GAME RAISES FUNDS FOR LIVESTRONG® PROGRAM

PORT AUTHORITY POLICE & EDISON FIREFIGHTERS CHARITY HOCKEY GAME



VS



Saturday, November 17th
@ 8:30pm

**BARNABAS HEALTH HOCKEY
HOUSE at PRUDENTIAL CENTER**

25 Lafayette Street, Newark, NJ 07102

ENTRY FEE: \$10 (children under 12: FREE)

All proceeds will benefit the
PAPBA Widow's & Children's Fund
&

Metuchen YMCA live strong program in memory of Janice Garbolino

Please join us for a great night of hockey!

For more information, contact Christine Tolley at
Christine.tolley@ymcaofmews.org.

SAY HOLDS BACK TO SCHOOL EVENT



On

September 22, the South Amboy Y had their back to school event. It was filled with lots of fun activities including jumping in Bounce House, face painting and temporary tattoos.

Delicious samples of guacamole with tortilla chips were served by the in-house chef as well as pizza from Mike's Pizzeria.

New York Life Insurance was also in attendance doing free ID's for the children. The branch appreciated everyone who participated in this annual event, including vendors as well as all of the families.

-Contributed by Matthew Kaefer



TOGETHERHOOD UPDATE

The Y's **Togetherhood** member-volunteer program has three very important events coming up in November and December. Mark your calendars, participate, and spread the word about all three!



November 1 through November 21

FOOD DRIVE

Edison Branch
1775 Oak Tree Road, Edison



November 23 through December 20

FOOD DRIVE

Metuchen Branch
65 High Street, Metuchen



For both food drives, people from throughout our community can leave nonperishable food in the lobbies of both Y branches. Donations can be left during all hours of Y operation. Monetary donations will also be accepted!



Wednesday, December 26

BLOOD DRIVE

Metuchen Branch YMCA
1:00 pm to 7:00 pm

Walk-In donors welcome, or donors can pre-register at tinyurl.com/Metuchen-YMCA-Drive.

These three drives will mark the conclusion of Togetherhood's third consecutive year for the **Togetherhood** Program. The **Togetherhood** member-volunteer community service program has had a very solid year in 2018! Through October 31, 150 Y volunteers gave nearly 450 hours of their time, participated in 14 community service projects, and helped the Y fulfill its mission for social responsibility.

-Contributed by Paul Edgcomb

EDISON HOLD ENRICHMENT DEMO CLASSES

The children enrolled in Edison's School Age Child Care (SACC) programs were treated to free enrichment demos for Chess, Archery and Scratch! This is a great way to offer a glimpse of all that the Edison Y has to offer!

Instruction will be offered after school during the week and Director of Operations Cindy O'Neill is happy to report that classes are filling up quickly!

For more information, contact cindy.oneill@ymcaofmews.org.



<bits & pieces>



Our Saviors Pre-K class goes on an apple picking and petting zoo field trip



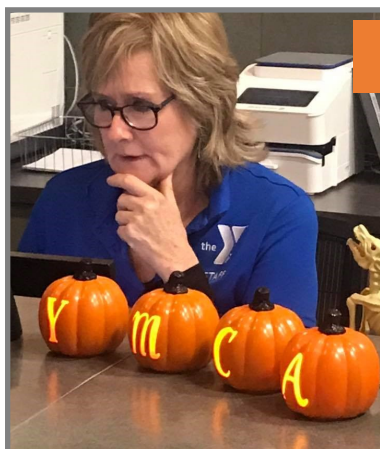
Leader's Club is official with their new t-shirts!



More of Bradford Lindsey's street "chalk art"



Y Volunteers at the Tot Trot



Erina McMahon, Edison Y Welcome Center



Edison SACC children work on fall-themed writing prompts



Bradford Lindsey and Paul Edgcomb help out at the First Presbyterian Church Rummage Sale



Association Office staff members Lauren Wirth and Rosemary Orlandini (not pictured) volunteer their time to make the Harry Potter "Four Houses of Hogwarts" wheel.



Edison SACC students participate in Chess Enrichment Program!

METUCHEN PARTICIPATES IN FIRE PREVENTION WEEK

The Metuchen Y participated in Fire Prevention Week from October 7–13th by getting visits from local Fire Departments who visited the classrooms to teach the children about fire safety.

The Ready, Set, Learn children were visited on October 10th by Dylan and Logan's dad to teach the children about fire safety. Jason, a firefighter in Carteret, taught the children about the equipment that firefighters wear and how important it is not to be afraid of firefighters when they are in full uniform because they are there to keep the children safe.



Metuchen Firefighters also visited the Preschool and Kindergarten children on October 12th to demonstrate how to stop, drop and roll. They then showed the children all of the important equipment that is kept on a firetruck. The best part, of

course, was when they turned on the lights and the siren on the firetruck!

-Contributed by Pam Cohen



METUCHEN VOLUNTEER HONORED

The New Jersey YMCA State Alliance held their Recognition Dinner on October 15th at the Hyatt Regency in New Brunswick. Each year, the Alliance recognizes youth volunteers that have been nominated by their local YMCA for their volunteer work. This year, that honor goes to Connie Ying of the Metuchen YMCA. Volunteers are essential to the Y's work in strengthening our communities and furthering our mission of social responsibility. Many of our youth volunteers, like Connie, are also members of the Leader's Club, which helps build youth as leaders and fosters a sense of service to our community.



Connie Ying was being nominated for this award because of her dedication, commitment and enthusiasm in bettering the lives of others. Connie started volunteering at the Metuchen YMCA last October, after transferring from Highland Park High School, and immediately volunteered for the Y's "Spooktacular" Halloween event. She then joined the Leader's Club, and helped plan and implement two Family Nights, and also helped plan Healthy Kids Day, one of our largest community events of the year.



Connie also volunteered her time cleaning up litter from Papaiani Park on Earth Day. Connie has made great strides in becoming a true leader by attending Leader's Club focus group meetings to discuss group projects. After less than a year, Connie holds the #1 spot for the most volunteer hours in the Leaders Club. Connie sets the bar for her peers, by giving back and making a real difference in the community.

Congratulations to Connie for a job well done!

UPCOMING EVENTS & MEETINGS

NOVEMBER

- 2 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 9 **INVESTMENT COMMITTEE**
AO Conference Room—9:00 a.m.
- 14 **EDISON BRANCH BOARD**
Edison Branch—8:30 a.m.
- 14 **METUCHEN BRANCH BOARD**
Metuchen Branch—8:30 a.m.
- 15 **AUDIT COMMITTEE**
AO Conference Room—8:00 a.m.
- 28 **FINANCE COMMITTEE MEETING**
AO Conference Room—6:30 p.m.

DECEMBER

- 5 **BOARD GOVERNANCE**
AO Conference Room—5:30 p.m.
- 6 **CHILD CARE COMMITTEE**
AO Conference Room—6:00 p.m.
- 7 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 11 **FINANCIAL DEVELOPMENT**
AO Conference Room—12:00 p.m.
- 12 **SOUTH AMBOY BRANCH BOARD**
South Amboy Branch—6:00 p.m.
- 12 **BOARD OF DIRECTOR'S MEETING**
Wernik Room—5:30 Fellowship/6:00 Board mtg.
- 19 **BOARD HOLIDAY PARTY**
Novita Restaurant—6:00–8:00 p.m.

MISSED AN ISSUE?

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

[http://www.ymcaofmewsa.org/
about-us/ation-newsletter](http://www.ymcaofmewsa.org/about-us/ation-newsletter).

