

# BOARD NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

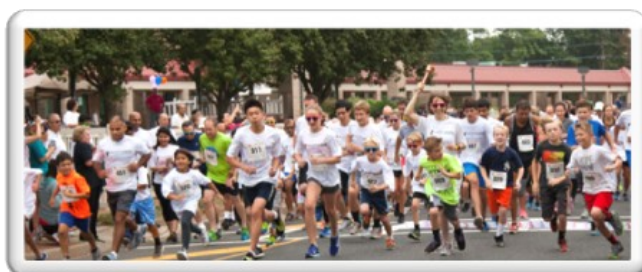
YMCA OF Metuchen, Edison, Woodbridge & South Amboy  
Office of Rose Cushing, President & CEO

October 2016 ★ Board of Directors Update

## JANICE GARBOLINO MEMORIAL 5K RUN/WALK

*The* crowds gathered at the Lakeview School in Roosevelt Park on September 18th to once again participate in the Janice Garbolino Memorial 5K Run and Walk sponsored by the YMCA in memory of Janice Garbolino, the former Health & Wellness Director of the Metuchen Branch, who lost her battle with cancer in 2002.

This event was actually started over 25 years ago by Janice as a way to keep families active and moving.



During that time, it was called the Annual Metuchen Branch 5K Run. Renamed in 2003 in memory of Janice, it remains a vital fundraiser for the Y with all proceeds supporting the LiveSTRONG at the YMCA Program, a free, 12-week physical activity and wellness program offered at all YMCA branches for cancer survivors.

There were 213 runners registered this year, ranging in age from 6 years old to 69 years old! Most ran, some walked and there was even a wheelchair, but everyone eventually crossed the finish line. The overall first place winner was Ninad Vartak (pictured right, with Lisa Sanguiliano), who crossed the finish line in just twenty minutes and four seconds.



Medals were handed out for first, second and third place winners in several different age and gender categories. Full race results can be viewed [here](#).

## INSIDE THIS ISSUE

5K Run/Walk	1
Siemens sponsors STEM event	2
National Welcoming Week	2
Togetherhood Update	3
Doggy Dip Day at South Amboy	4
NAEYC Accreditation for Edison	4
Tri-State Conference	4
Rotary Club Road Show	5
Sayreville Day	5
Metuchen's Mission Moment	5
Did You Know?	6
Anslie Room Gets a Makeover	6
Tot Trot & Family Fun Run	6
Home Depot Donates Buddy Benches	7
Edison Fall Family Spectacular	7
Child Care Training Event	8
Staffing Update	9
Friends Helping Friends Event	9
South Amboy Camp Update	10
Celebration of Priya's Life	10
Upcoming Events/Meetings	11

## YMCA DIABETES PREVENTION PROGRAM FEATURED ON MYCENTRALJERSEY.COM

This program was included in the Heartbeats section of My Central NJ.

See the full article [here](#).

## SIEMENS SPONSORS STEM EVENT AT EDISON Y

Representatives from Siemen's Caring Hands Foundation visited

the Junior Enrichment Camp at the Edison YMCA on August 14th to work with the kids on a STEM experiment. The project consisted of creating an "oil spill" in a bowl and dipping a feather in to demonstrate how harmful such spills can be to birds and wildlife. Before the experiment, the children were divided into groups and asked to evaluate the problem and discuss possible ways to clean up the oil first. The 5- and 6-year-olds then used various mediums such as a turkey baster, cotton balls, sawdust, sponge, fabric, twine and dishwashing liquid to find the most effective method for removing the oil. Afterwards, they again discussed which methods they thought worked best. All of the children were excited about participating in the experiment. While having fun, the children also learned how to take care of the environment.

The Enrichment Camp focuses on a daily program with academic lessons blended with interactive physical activity to create a well-rounded summer learning experience.



The activity ended with all of the children receiving crayons, Siemens plastic water canteens and "gold medals".

The campers will be doing another hands-on experiment next week by designing their own hole-in-one miniature golf course in an activity that will teach engineering and physics skills.

"It's a great way for the children to have fun and learn at the same time,

said Cindy

O'Neill, Director of Operations at the Edison YMCA.

An article on this event appeared in the Home News Tribute on August 15th. The full article can be viewed [here](#).

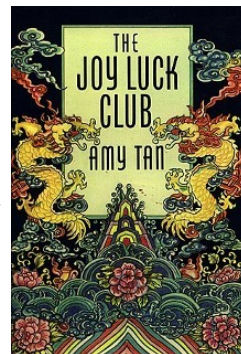


## NATIONAL WELCOMING WEEK

National Welcoming Week celebrates the growing movement of inclusive communities that fully embrace New Americans and their contributions to the social fabric of our country. Created by the Y-USA's national partner, Welcoming America, Welcoming Week brings together immigrants and U.S.-born residents to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone! As part of National Welcoming Week, the YMCA of MEWSA, in partnership with the First Presbyterian Church of Metuchen, and organized by Katie McAdoo, Director of Association Advancement, sponsored a group discussion based upon the literary work of Amy Tan, "The Joy Luck Club", on September 22.



The discussion was moderated by Dr. Mary Balkun, Seton Hall University Professor and Chair of the English Department. The attendees enjoyed discussing the many mother/daughter relationships in the book and how their individual experiences defined the American dream based on their cultural differences and standard beliefs in life. The group included people from diverse cultural and generational backgrounds, all of whom contributed to the discussion. It was a very enjoyable evening and an enlightening experience for all!



## TOGETHERHOOD UPDATE

From June through September, our Togetherhood volunteers were active providing community service and support to individuals, agencies, and officials from Middlesex County, Edison Township, and the Borough of Metuchen.



On June 4, twenty-two Togetherhood volunteers from the Y's Metuchen and Edison branches joined with members of the Middlesex Greenway Coalition to clean the Greenway, removing debris and recyclables

from the entire 3.5 mile path. Volunteers worked under the direction of Walter Stochel, one of the Greenway's earliest proponents, and long-time head of the coalition.

As further commitment to the Middlesex Greenway, on September 10 the Y sponsored *Get Up! Get Out! Meet the Greenway!* This event – conceived by Melissa Lauer, a Y member and active Togetherhood volunteer – introduced some sixty new individuals and families to the Greenway.



Lauer was motivated by her appreciation of the Greenway and her belief that it is underused. As she said, "I walk on it all the time, and know how great it is, but don't understand why more people aren't using it." Knowing of the Y's commitment to getting people up, out, and exercising, Lauer proposed an event that would attract runners, walkers, and families to the Greenway – one of our community's finest resources for fitness, health, and recreational activities.



She, other volunteers, and members of Y staff worked with county, municipal, and Greenway officials throughout the summer to plan the event. Thirty-five Togetherhood volunteers and Y staff worked on

September 10, lining the Greenway along its Metuchen segment to encourage participants, assisting with

registration, and distributing water and YMCA drawstring bags to participants.

"We had a great Y team supporting the effort, and got enthusiastic support from the county parks folks, who really welcomed the idea," said Lauer. "And, we got full support from the Borough of Metuchen, the Metuchen and Edison Police, and Metuchen EMS. We'll look to do this again."



In addition to Greenway-related efforts, Y volunteers were active in other ways this summer, planning programs and continuing to build community service partnerships.

Volunteers led by Claudia Asmuth, Vice-Chair of the Metuchen Branch Board of Managers and a member of the branch's Togetherhood Service Committee, worked closely with Literacy New Jersey–Middlesex Programs, to prepare three ESL classes for adults seeking to improve their mastery of English. This fall the Y will offer a weekly evening Conversation Class at the Edison branch, a similar class at the Metuchen branch, and a weekly afternoon Family Literacy class at the Metuchen branch.

Finally, in mid-September, fourteen Togetherhood volunteers helped the First Presbyterian Church of Metuchen with its semiannual rummage sale. For two full days these volunteers helped receive, sort, arrange, and price donated items, contributing to the sale's success, which helps fund the church's community service mission.



"Our Togetherhood program is really starting to take hold," said Marie Patterson, Director of Operations at the Metuchen Branch. "We're attracting more Y member-volunteers, meeting several needs, and developing strong relationships with county and town officials, agencies, and active-citizen groups. It's great to see our members

work together in service and support to their community."

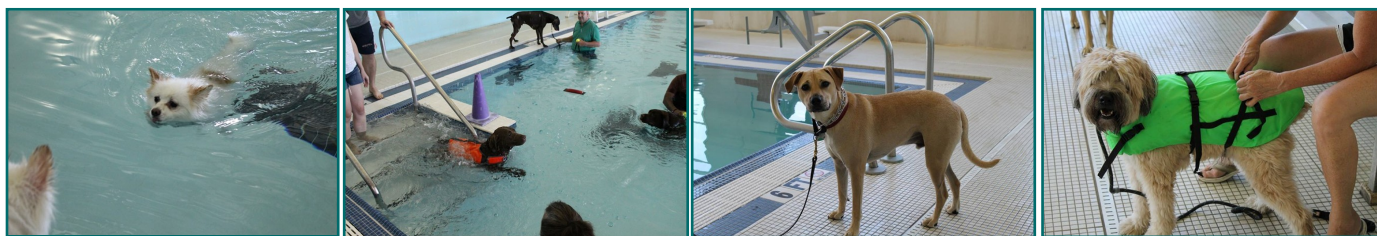
*-Contributed by Paul Edgcomb*



## DOGGY DIP DAY AT SOUTH AMBOY



On Sunday, August 28<sup>th</sup>, the South Amboy YMCA hosted Doggie Dip Day. This event is held every year prior to the scheduled pool closing which allows for the draining and cleaning of the pool. Thirteen canines and their owners joined us for some splish-splashing fun! All dogs and owners had a blast.



-Contributed by Nicole Miller

## EDISON RECEIVES NAEYC ACCREDITATION



The YMCA recently received word that the Edison Early Learning Center received renewal of their NAEYC (National Association for the Education of Young Children) accreditation! This means that all seven of the YMCA's Child Care Centers received their accreditation which is valid for the next five years!

NAEYC accreditation represents affirmation that our child care centers meet the highest national standards established for child care programs. Congratulations to all of the Directors and staff who worked so hard in making this happen!



### BOARD OF DIRECTORS MEETING SCHEDULE 2016

OCTOBER 26  
FOCUS GROUP



NOVEMBER 30  
BOARD MEETING



DECEMBER 13  
HOLIDAY CELEBRATION

## TRI-STATE CONFERENCE & ANNUAL CAMPAIGN KICK-OFF

The Tri-State YMCA Conference and Annual Campaign Kick-off was held on Wednesday, September 27<sup>th</sup>, at the Sheraton Mahwah in Mahwah, New Jersey. The mission of the Tri-State Conference is to collaborate and work together on areas of mutual benefit in order to strengthen and enhance individual YMCAs and the collective strength of regional YMCA's to better serve the people we serve. The conference is targeted for CEO's, branch executives, fund development, marketing, communications and senior program staff. Multiple sessions were offered that focused on regional and national campaigns and opportunities that were designed to enhance the Y's involvement in the Tri-State Collaboration. The keynote speaker was Brian Ellner, General Manager, Corporate & Public Affairs at Edelman, who spoke on "the trust barometer", which offered an eye-opening perspective on how trust is heavily influenced by geography and where you live impacts how, and who, you trust.

The YMCA staff that attended were Rose Cushing, Lisa Sanguiliano, Mariam Lesnewski, Katie McAdoo, Jeanine Costa, Veronica Vargas, Beth Helsby, Cindy O'Neill and Marie Patterson.

“ **alone** we can do so little;  
**together** we can do so much. ”  
- Helen Keller

## SOUTH AMBOY-SAYREVILLE ROTARY CLUB ROAD SHOW

The South Amboy YMCA sponsored the South Amboy-Sayreville Rotary Club 8th Annual Rotary Road Show on Sunday September 25, which was hosted by Hollywood Night Cruisers. A membership representative from the South Amboy Y, Pam Kenny, manned a table to hand out membership and program materials. Also in attendance was one of the South Amboy Y Board of Directors, Tim Fogler, who is a member of the Rotary Club representing the South Amboy Y. There was music, raffles, giveaways and trophies were awarded. All proceeds of the event benefitted Project Dictionary.



The object of the Rotary Dictionary Project is to give every student a personal dictionary of their very own that will serve them at least through elementary and middle school. Many teachers see this as a key to better reading, speech, and writing. These skills will improve student performance in other subjects as well. Receiving the dictionaries from Rotary members is beneficial to students as well. The young people meet successful adults in their community who care enough about them to purchase these dictionaries and come to their school to present them personally. The brief explanation of Rotary service in the community and around the world gives students a lasting positive impression of Rotary and the ideal of service.

*-Contributed by Beth Helsby*

## SAYREVILLE DAY

The South Amboy YMCA was once again invited to participate in the annual Sayreville Day. The table was manned by two of our Membership staff who enticed people to the table with a variety of giveaways such as cookbooks, measuring cups and jump ropes. All giveaways had a common theme, and that was to show our commitment to healthy living. Upcoming promotions and programs were also showcased. It was a large event with many non-profits and businesses from throughout the town of Sayreville, and reached hundreds of people.



*-Contributed by Beth Helsby*

## METUCHEN'S MISSION MOMENT



Marie Patterson, Director of Operations at the Metuchen YMCA, attended the September Board of Director's meeting to present her mission moment, which centered around the LiveSTRONG® at the YMCA Program, a physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Marie discussed how YMCA staff work with participants to help them increase their strength, balance, flexibility and endurance and improve confidence and self-esteem, to help them move beyond their illness in spirit, mind and body. Marie noted that this is a 12-week program that consists of an exercise program and support group, including a 12-week full facility membership, is free of charge to cancer survivors, and is available at all of the YMCA branches.



## DID YOU KNOW?

### COMMUNITY AND MOVEMENT STANDING

YMCAs know that meaningful, lasting change can only come about when people work together. A Y's standing in its community and within the Y movement is enhanced when the board makes a deliberate effort to cultivate relationships with government officials, key community leaders, the State Alliance, and other YMCAs.

Board members are encouraged and supported in identifying and pursuing opportunities for collaborations and partnerships that advance the YMCA's mission, cause, and strategic plan.

Board members are encouraged and supported in building ongoing relationships with current and emerging public officials to ensure that they understand the value, cause, and impact of the YMCA.

Board members are engaged and connected to the YMCA Movement by encouragement toward participation and leadership in State Alliance work as well as other local, state, regional, and national YMCA events.

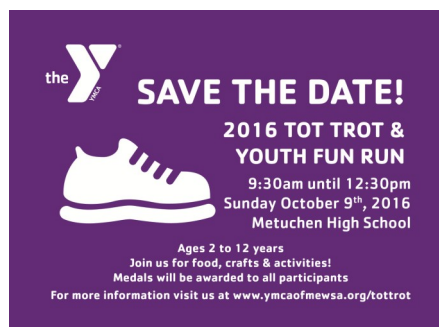
The community benefit of the Y is measured annually and monitored by the board with a resulting report to key stakeholders.

## AINSLIE GETS A MAKEOVER

The Ainslie pre-school classroom at Metuchen's Early Learning Center had a makeover! The flooring was previously a combination of wood and carpeting and in dire need of repair, as well as being unsightly. The new flooring is easier to maintain, cleaner and a healthier alternative!



*-Contributed by Marie Patterson*



The Child Care Services Branch of the YMCA will be hosting its 8<sup>th</sup> annual Tot Trot & Youth Fun Run on Sunday, October 9th at Metuchen High School.

This event helps us support families from our communities with scholarship assistance in situations when they are unable to pay the full cost of child care. The fund also provides aid to families in crisis and allows us to temporarily provide tuition assistance in the event of a family emergency. In 2015, we were able to support our community with \$98,000 in scholarship assistance for families unable to afford the full cost of our service.

Please show your support by attending this wonderful event!



## HOME DEPOT DONATES “BUDDY BENCHES”

Edison Home Depot has generously crafted and donated two “buddy benches” to the Ken Shirk Early Learning Center.

These benches are designed as a way to educate and eliminate loneliness and foster friendships within the Ken Shirk family. Children who see someone sitting on this bench knows that this child is lonely and is seeking a friend.

The children were very excited to make this bench part of their school playground, and they even got to paint it themselves. All the children pitched in together to make the bench beautiful!



**Joanne Matagrano**, Child Care Director at Ken Shirk, stated, “The staff and children at our Center would like to give a big thank you to the staff at the Edison Home Depot for their hard work in making the benches and dedication to the children in our school and the community.”

*-Contributed by Joanne Matagrano*



## EDISON FALL FAMILY SPECTACULAR

On Saturday, September 24th, the Township of Edison held it's annual Fall Family Spectacular. There were two stages of live music, a motorcycle and classic car show, kiddie rides, pony rides and a petting zoo, professional wrestling and more. Civic and local merchants displayed their merchandise and there was plenty of food to sample. This event is good for the local economy, provides a day and evening of food and fun, and brings the entire community together as a whole.



**Kristine Rosko**, Membership and Marketing Director for the Edison YMCA, (pictured left) had a table at the event to promote the Edison YMCA.



**Prachi Patel**, YMCA volunteer (pictured left) also had a table at the event to recruit donations of school books and SAT study guides for local high

schools and to send them overseas to students who cannot afford them. Of note is that Prachi is being honored in October at the NJ YMCA State Alliance Recognition Celebration for singlehandedly creating a Community Service Club for Teens called Junior InVision. Giving up her Saturday to collect schoolbooks and study guides is a perfect example of why she is so deserving of this award!



# CHILDCARE SERVICES ANNUAL TRAINING EVENT

As part of the Y's commitment to maintain our standards of excellence in the areas of child growth and development, family engagement and communication, and nutrition, health and safety, the annual Child Care Services Annual Training event was held on August 31st at Middlesex County College and September 1st at the Middlesex Fire Academy.



*Katie McAdoo trains about the importance of customer service.*

117 staff attended the 2-day event, which offered training sessions on Day 1 and breakout sessions on Day 2. Working groups were divided into new employee track and returning employee track, to ensure coverage of relevant material and avoid redundancy. Training sessions included pre-school teaching standards, working with children ages 0-5, stress management, specialized feeding issues, STEM, parent communications, outdoor play, teacher-child interactions, special needs and leadership skills training.



*"What Does What You Do, Do?" exercise, helping staff understand their role in strengthening the community.*



Trainers used were from within the YMCA, as well as from outside resources including Prevent Child Abuse NJ and Community Child Care Solutions. Upon successful completion of the course, participants received a certificate of completion and earned 11.5 Professional Development (PD) hours towards their continuing education requirements. Since all staff need a minimum of 10 PD hours a year and lead teachers need a minimum of 20 PD hours a year, this was a great way to ensure that many of them are meeting that standard. Many staff members also received their pins for 1, 5 or 10 years of service.



*Eighteen staff members received their pins for years of service. Pictured above: Laura Brunson, Kathleen Ramsay, Pamela Cohen and Patricia Colandra*

Both training sites were generously donated to the YMCA at no charge and JFK generously provided lunch for the staff on Day 2 at the Middlesex Fire Academy.

The training event was a huge success and was instrumental in not only bringing staff together, but continuing to teach and reinforce the high standards that the Y has established for youth, families and the community.

*-Contributed by Erin Siemers*

*-Photos courtesy of Jeanine Costa*



## STAFFING UPDATE

Meet the Edison YMCA's new Wellness Director, **Dean Seda**. Dean has a degree in Exercise Science and Sport Studies from Rutgers University and is a Certified Personal Trainer through the National Academy of Sports Medicine. He has worked with everyone from children to seniors in making positive lifestyle changes through behavioral coaching and innovative exercise. Dean enjoys weight training and cardiovascular activity for exercise, but also enjoys helping others move better through corrective exercise and working with athletes to enhance sport-specific performance. When he is not working, he enjoys traveling, eating, listening to music, playing sports and dancing socially. Dean was a childhood member of the Ocean County YMCA and was involved in programs such as Karate, Judo, and Summer Camp. He also has experience as an employee at The Community YMCA. Dean is excited to bring his experience to the Edison YMCA and strives to enhance the experience of the members and staff!



Please welcome **Shannon Goley**, the new Pre-School Teacher at the Metuchen Y. Shannon is a New Jersey Certified Teacher (K-5), and a graduate of Kean University where she obtained her bachelor's degree in Elementary Education with a minor in Psychology. Before joining the YMCA family, Shannon was a Lead Pre-K teacher in a private preschool for four years. She also has experience with tutoring children from preschoolers through second graders. Shannon is Red Cross-certified in First Aid and CPR for adults, children and infants, and is also AED (Automated External Defibrillator) certified. She currently resides in Old Bridge and enjoys whipping up new creations in the kitchen, reading novels, and painting in her spare time. Her favorite quote is, "Education is the most powerful weapon which you can use to change the world" -*Nelson Mandela*. Most of all, Shannon is very excited to be part of the YMCA team!

## "FRIENDS HELPING FRIENDS" DAY AT BOSCOVS

### TOGETHER WE MAKE A DIFFERENCE

Support the charitable work of the YMCA while saving on shopping! We're selling shopping passes to Boscov's "Friends Helping Friends" Day on Tuesday, October 18th.

For \$5, you'll enjoy 25% off purchases, plus free refreshments, entertainment, and chances to win fabulous prizes!

Passes can be purchased at any Y, the Association Office, or you can [Purchase Online](#).\*

*\*Passes purchased online will be mailed.*



## SOUTH AMBOY CAMP UPDATE

The South Amboy Camp children continued their relationship with the residents of the Venetian Care and Rehabilitation Center across the street by planning weekly activities for the seniors.



Unique Creature Show



Magic Specialty Camp Show



This inter-generational relationship has a two-pronged benefit in that it teaches the children social responsibility while giving the seniors activities and events that they can participate in and enjoy.

*-Contributed by Beth Helsby*

## CELEBRATION OF PRIYA'S LIFE



On September 16th, the YMCA held a Celebration of Life for Priya Ramcharitar Mohammed to commemorate what would have been her 42nd birthday. Priya became part of the Y family in the Fall of 2012 and, although she left us much too soon, she lives on in the hearts of everyone that she knew.

Friends and family gathered to share stories, read poems, and a Crepe Myrtle tree was planted and dedicated in her memory, along with a memory marker and a Cairn (a ring of stones which serves as a memorial), assembled by those she loved, symbolizing the endless joy of Priya. Jackie English blessed us with a beautiful rendition of "The Lord's Prayer". While it was a day of sadness and loss, it was also a day for everyone who loved Priya to come together to celebrate her life and the profound impact she made on all of those that she touched. The meaning of her name, which is "Beloved", is a word that truly epitomizes the way that she will always be remembered. A special thank you goes out to Katie McAdoo, for organizing this beautiful event.





## UPCOMING EVENTS & MEETINGS

### OCTOBER

October 5	<b>BOARD GOVERNANCE MEETING</b> Association Office	5:30 p.m.
October 7	<b>PROPERTY COMMITTEE MEETING</b> Association Office	2:30 p.m.
October 8	<b>METUCHEN COUNTRY FAIR</b> Rain Date (10/15)	10:00 a.m.—4:00 p.m.
October 9	<b>TOT TROT AND FAMILY FUN RUN</b> Metuchen High School	9:30 a.m. – 12:30 p.m.
October 11	<b>FINANCIAL DEVELOPMENT MEETING</b> Association Office	5:00 p.m.
October 15	<b>2016-2017 IN FAMILY CAMPAIGN KICK-OFF</b>	
October 18	<b>BOSCOVS FRIENDS HELPING FRIENDS EVENT</b>	9:00 a.m.-11:00 p.m.
October 19	<b>FINANCE COMMITTEE MEETING</b> Association Office	6:00 p.m.
October 26	<b>BOARD SELF-ASSESSMENT/FOCUS GROUP</b> Wernik Room	5:30-7:00 p.m.
October 28	<b>AUDIT COMMITTEE MEETING</b> Association Office	5:15 p.m.
October 28	<b>BRANCH HALLOWEEN CELEBRATIONS</b>	
November 30	<b>BOARD MEETING</b> Wernik Room	5:30 Fellowship 6:00 Board Meeting
December 13	<b>BOARD OF DIRECTOR'S HOLIDAY CELEBRATION</b> Novita Restaurant Bistro & Lounge	6:00-8:00 p.m.

