



# IMPACT NEWS

MARCH 2023 | YMCA OF GREATER SPRINGFIELD

#StrongYStrongCommunity



## DONNA SITTARD, DEVELOPMENT DIRECTOR

"Know what sparks the light in you so that you, in your own way, can illuminate the world."

-Oprah Winfrey

## MEET KEENAN

Keenan, a 7th grader, recently spent a week at the Scantic Valley Y for his Applied Concept Term, a program through his school which encourages students to engage in real-life activities in the community. Keenan said, "I am particularly interested in shadowing a personal trainer because I really like physical activities and I want to use that to help people." During his time at the Y, Keenan participated in various health and wellness activities which included shadowing personal and rehabilitation trainers, attending group exercise classes, and participating in his own fitness orientation.

After completion of his Applied Concept Term, Keenan said, "I just wanted to thank everyone at the Scantic Valley YMCA for letting me tag along. It was an amazing experience and now I don't even want to go to school. I just want to be there. I wish I could go back for my next ACT! I especially want to thank Ace because I was with him most of the time and I learned SO MUCH from him."

The Scantic Valley YMCA and the Downtown Springfield YMCA both offer personal and small group training. So, if you would like to work one-on-one or you have a small group of friends or co-workers who would like to work with a trainer, please contact either facility.





**THE YMCA OF GREATER SPRINGFIELD GOLF CLASSIC**  
**PRESENTED BY: MERRILL, A BANK OF AMERICA COMPANY**  
Foundation Management Group

**SAVE THE DATE: SEPTEMBER 25, 2023**

Corporate Sponsorships & Golf are available for this event to be held at Twin Hills Country Club in Longmeadow, MA. Funds raised will go to support the Y's mission. For further information contact Donna Sittard at [dsittard@springfieldy.org](mailto:dsittard@springfieldy.org).

**Thank you MERRILL, A BANK OF AMERICA COMPANY  
Foundation Management Group  
for becoming this year's Presenting Sponsor.**

**HELP THE YMCA HELP THE COMMUNITY**

The YMCA of Greater Springfield is pleased to announce the kick-off of our "Stronger Together" campaign, a program intended to help support the community to attend the Y with qualified financial assistance and to provide programs designed to help meet the needs of the community. The YMCA focusses on Youth Development, Healthy Living and Social Responsibility toward the balanced development of spirit, mind, and body for all.



Can we count on you to join our staff and board of directors by making your gift today or setting up a monthly gift, providing continuous support for our continuous work?

**THREE EASY OPTIONS TO BE PART OF SOMETHING LIFECHANGING WOULD BE:**

1. Mail in a gift or give at your branch
2. Give Online at [www.springfieldy.org](http://www.springfieldy.org)
3. Become a G.E.M. (Giving Every Month) monthly donor with your membership and our staff will set it up for you.

Becoming a G.E.M. can be one of the easiest and most fulfilling ways to help your community. You will know that your continuous support helps the Y continue its mission in the community making a continuous impact on those we serve.



YMCA OF GREATER SPRINGFIELD  
**STRONGER  
TOGETHER**



**EXCITING NEWS!  
YOUR GIFT CAN  
BE DOUBLED.**

Please consider making a donation to the YMCA of Greater Springfield to support your community.

**ALL GIFTS WILL BE MATCHED  
IN MARCH & APRIL 2023.**

**Your contribution, no matter the amount, changes lives.**

**TO MAKE A DONATION:**



# INVESTING IN OUR COMMUNITY

## YMCA OF GREATER SPRINGFIELD IMPACT 2022

Since 1852, each day, we welcome individuals into the YMCA of Greater Springfield facilities where they are doing more than just utilizing a gymnasium and pool. They are taking part in programs that are dedicated to youth development, healthy living, and social responsibility.

### A HELPING HAND

We work diligently to ensure that no one is turned away due to the inability to pay in full for programs and services and has the opportunity to learn, grow, and thrive. The YMCA also offers our Y-AIM teen program and our LIVESTRONG® at the YMCA cancer surviving program free to all participants. To accomplish all this, we rely on donations from the community, grant funds, and government contracts to provide financial assistance to those who otherwise could not afford to participate in our programs and to attend our free programs.

**\* \$659,697 in financial assistance and free programming provided**

### VOLUNTEERISM & COMMUNITY COLLABORATIONS

Volunteers and dedicated partners remain steadfast in helping the YMCA of Greater Springfield thrive and serve the community.

**\*164 Volunteers shared their time and talent**

### EDUCATIONAL PROGRAMS

Our two nationally-accredited learning centers—in Springfield and Wilbraham—provide high-quality early education programs to help nurture the potential of every child and ensure student success for some of our youngest YMCA members.

**\*183 Children served daily at YMCA early learning centers**

We offer before-school programs to school-age children over multiple throughout the region and our facility to provide a variety of age-appropriate activities for participants, including homework help, sports, arts and crafts, outdoor play, science, story time, and much more.

**\*891 Children served daily through YMCA before and after school programs**

### SUMMER CAMP & PROGRAMS

Long summer days are made even better through YMCA of Greater Springfield day camps, offered at Camp Weber in West Springfield and Stony Brook Acres in Wilbraham. These traditional day camps help youth gain an appreciation for the outdoors and develop relationships and skills that will last a lifetime. The YMCA also provides summer enrichment activities at Fun City – Downtown Springfield Learning Center and the YMCA North End Youth Center.

**\*824 Youth and teens were enrolled in summer camp programs**

## Y-AIM/TEEN PROGRAMS

Y-AIM (Achieve academically, Inspire to attend college, and Move toward personal growth) provides talented, underachieving, at-risk teens with a dedicated support system throughout their integral educational years to help ensure successes like graduating high school, attending college, and finding gainful employment. The YMCA of Greater Springfield works together with Springfield Public Schools, Big Y Foods, MassMutual, and other area business partners to help youth become motivated, ambitious, and productive through the Y-AIM program.

**\*100 Youth being served in Y-AIM**

## WELLNESS PROGRAMS

We strive to help all individuals meet their health and wellness goals through a variety of programs, as well as use of our pool, gym, wellness centers, group exercise classes, personal training sessions, nutrition seminars, and expertise and care of our professional wellness staff.

**\*More than 10,000 members/participants benefitted at the YMCA**

## AQUATICS PROGRAMS

We're proud to offer top-notch instruction, as well as recreational and specialty programs for all ages and abilities, including parent-child classes, preschool/youth swim lessons, water exercise, and lifeguard/CPR/AED training courses. Many graduates of our lifeguard program go on to work at the YMCA, public pools, camps, and recreational facilities in the area.

**\*Swim Lessons for Adults-82, Parent/Child-355, Youth-1,378**

## LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a life-changing program that provides a wellness outlet to adult cancer survivors dealing with the lingering effects of treatment. The 12-week offering consists of small group exercise classes and lifestyle programming at no cost to the participant.

**\*686 LIVESTRONG® graduates since the program started in 2011**

## MOCHA

MOCHA is a movement working to improve the wellness of men of color in the community. It aims to empower men of color to play an active role in their health care through health education and wellness classes.

**\*Over 400 participants attended MOCHA related events**

## ACTIVE OLDER ADULTS

From aquatics and group exercise classes to meet & greets, our senior citizens take full advantage of the offerings at the Y, ensuring opportunities to connect with others and participate in meaningful social activities throughout the area.

**\*946 Active Older Adult members**

## VETERANS & MILITARY FAMILIES

Our Veterans and Military Families also take full advantage of the offerings at the Y, ensuring opportunities to connect with others and participate in meaningful social activities throughout the area. We thank them for their service to our country.

**\* 847 Veterans & Military Family members**



## WHY THE Y

“When asked to write a message on a rock during graduation, I wrote FINISH. The LIVESTRONG® at the YMCA program is encouraging to all cancer patients that accept the challenge. It also serves as a great outreach to others going through similar circumstances.

The program was fulfilling in a sense to make us push through, even when having a bad day. To get together with your peers, work out, stretch, laugh and work as a team was amazing. It was a joy to go through the 12-week Program, and to continue at the Y now that it's over.

My wife and I would like to thank the staff for being considerate, kind, helpful and full of information regarding our health and wellness. Thank you.” **-Noah D. Borders Sr.**



## NATIONAL PRESCHOOL TEACHERS APPRECIATION DAY

As with all teachers, Preschool teachers play a critical role in our children’s lives. They teach children usually between the ages of 3 and 5 years which can be some of the most informative years. Our Early Learning Centers are licensed by the Department of Early Education and Care and are nationally accredited with NAEYC.



If you would like to learn more about the program or arrange a tour please contact:

**YMCA OF GREATER SPRINGFIELD  
LEARNING CENTER IN SPRINGFIELD  
JUANITA BOOKER**

1500 Main Street, Springfield MA 01105  
Monday-Friday 7:00am-5:30pm  
413.206.5686



**YMCA OF GREATER SPRINGFIELD  
LEARNING CENTER IN WILBRAHAM  
SONIA PEREIRA**

35 Post Office Park, Wilbraham, MA 01095  
Monday-Friday 7:00am-5:30pm  
413.596.9521 ext. 0

## READ ACROSS AMERICA

Read Across America Week is celebrated from March 2 to 6 — it begins on the birthday of author, Dr. Seuss. The entire month of March, in fact, is dedicated to reading. The National Education Association (N.E.A.) aims to encourage reading and educate people about its benefits, especially among children and young adults.



## DID YOU KNOW?

Did you know that Big Y and Stop & Shop both have a Community Bag Program? When you purchase one of the stores' community bags sold at \$2.50, our branches have the opportunity to receive \$1.00.

How does this happen? If you purchase a community bag in the month when the Downtown Springfield or Scantic Valley YMCA is selected it will be an automatic donation back to the Y. But any other month and just to be on the safe side, follow the instructions on the tag attached to the community bag by going online and select either one of our branches within a few days or it defaults to another organization.

We would like to thank Big Y and Stop & Shop for this opportunity.



Community Bag Program



Community Bag Program

## EMPLOYMENT: FULL TIME & PART TIME

Imagine going to work knowing that what you do each day positively affects the lives of the people in our community. Working at the Y, you'll discover more than a job. You'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you. If you are looking for summer employment keep an eye on this page.

Visit our website at [www.springfieldy.org/about-us/employment/](http://www.springfieldy.org/about-us/employment/)



YMCA OF GREATER SPRINGFIELD

## VOLUNTEER OPPORTUNITY

The Scantic Valley YMCA has volunteer opportunities in Child Watch and Club House. At no cost with a family membership, families can now reserve up to 90 minutes per day during special hours to have their children watched while they use the facility.

**CHILD WATCH HOURS:** Monday/Wednesday 8:30-11:00am & 4:00-7:00pm

**CLUB HOUSE HOURS:** Monday/Wednesday 4:00-7:00pm

If you would like more information or interested in helping out please contact Debbie Kelder at the Scantic Valley YMCA at [dkelder@springfieldy.org](mailto:dkelder@springfieldy.org) or call 413-596-2749.



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## SPONSORSHIP OPPORTUNITY

Electronic Bulletin Board with logo recognition at the Downtown Springfield YMCA.

Contact Kim Lavallee at 413-739-6951 or [klavallee@springfieldy.org](mailto:klavallee@springfieldy.org).



**YOUR COMPANY  
LOGO/MESSAGE HERE**

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## CONTACT INFORMATION

### ASSOCIATION OFFICES

Tower Square | 1500 Main Street, Suite 256  
Springfield, MA 01115

### DOWNTOWN SPRINGFIELD YMCA

Tower Square | 1500 Main Street, Suite 200  
Springfield, MA 01115  
P: 413.739.6951

### SCANTIC VALLEY YMCA

45 Post Office Park, Wilbraham, MA 01095  
P: 413.596.2749

**FACEBOOK:** [www.facebook.com/YMCAofGreaterSpringfield](http://www.facebook.com/YMCAofGreaterSpringfield)

**INSTAGRAM:** [www.instagram.com/ymcaspringfield/](http://www.instagram.com/ymcaspringfield/)

**TWITTER:** [twitter.com/YMCASpringfield](https://twitter.com/YMCASpringfield)

**Donna Sittard, Development Director**

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