



# IMPACT NEWS

APRIL 2023 | YMCA OF GREATER SPRINGFIELD

#StrongYStrongCommunity



## DONNA SITTARD, DEVELOPMENT DIRECTOR

“The best way to find yourself is to lose yourself in the service of others.” - Gandhi

### CORPORATE OLYMPICS

On Friday, March 24th, our YMCA of Greater Springfield held its first Corporate Olympics at the Downtown Springfield YMCA for a day of thanks, fun, networking, and team building with some of our community partners. They came dressed in their Olympic uniforms (company swag clothing) to compete in the YMCA’s version of the Olympic Games including Cross Country Skiing (on the elliptical machines), Distance Running (on the tread mills), and the Y decided to include Corn Hole and Jenga as sports.

Thanks again to all our volunteers and Olympians for all they do for our YMCA and community.

**Olympians:** Adam Quenneville Roofing and Siding, Berkshire Bank, Community Foundation of Western MA, Conklin Furniture, Eastman Chemical, and Monson Savings Bank.





## APRIL: NATIONAL VOLUNTEER MONTH

The YMCA of Greater Springfield would like to thank all the volunteers we have had over the years. Your service helps us run our non-profit organization as we serve the community. In 2022 the YMCA of Greater Springfield had over 160 volunteers that helped out in an array of ways including: reading to children, grounds upkeep, office help, program help, sitting on a committee or board, and volunteering at special events.

Do you have time or a talent you might be able to share with the Y that fits in with our areas of focus: Youth Development, Healthy Living and Social Responsibility? What about helping for a day at the summer camp, reading to the children, or volunteer for youth activities? Do you have a background in exercise, meditation or reflexology? You might be able to help at the YMCA of Greater Springfield! Please contact Donna Sittard at 413-739-6951 or [dsittard@springfieldy.org](mailto:dsittard@springfieldy.org)

## WHY THE Y

"This past Christmas season, I was honored to be on the planning committee for the YMCA of Greater Springfield children's Christmas party. It was so much fun to work alongside Kim, Gladys, Donna, Yahaira, Robin, Wynter and numerous other great people! I also donated 200 signed copies of my recently published children's books at the event.-"K9 Fitzgerald Sniffs Out Bullies'. It gave me great joy to help in this project and I look forward to volunteer my time to other projects for the YMCA!"—Laura P.



## SUMMER CAMP REGISTRATION

Summer Camp Registration is now open. For further information please visit our website at [www.springfieldy.org](http://www.springfieldy.org) or call 413-739-6955.



## WE WEAR BLUE

April is Autism Awareness Month, and the Y is committed to diversity, inclusion and belonging. Please join us by wearing blue on April 26 to bring awareness to Autism.

“Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated 1 in 44 children in the United States today.”

– Autism Speaks

For more information visit [www.autismspeaks.org](http://www.autismspeaks.org).



## HEALTHY KIDS DAY

Healthy Kids Day is the Y’s national initiative to improve the health and well-being for kids and families. The Y is committed to stronger and healthier communities. We will be holding Healthy Kids Day activities at the Scantic Valley YMCA – 45 Post Office Park, Wilbraham, Downtown Springfield Learning Center – 1500 Main Street (entrance on Bridge Street) and the North End Youth Outreach Center – 1772 Dwight Street, Springfield between 10:00am – 12:00 noon. This is a free event for families. Summer camp registration will also be available at the event or any other time at one of our facilities.

If your company is interested in participating and providing a kid-friendly activity, please contact Debbie Kelder at 413-596-2749 for Wilbraham, Uriah Rodriguez at 413-739-6955 for Springfield and Angelica Castro at 413-739-5820 for the North End Outreach Center.



## PUTTING ON PURPLE

World Lupus Day is May 10, 2023. You too can take the Purple Pledge by joining us in wearing the color purple on May 10th.

“Living with an invisible illness like lupus can be isolating, and sometimes lead to judgment from others who don’t exactly understand the daily struggles. Most symptoms of lupus aren’t always readily visible, but on the inside, it can wreak havoc on your body, organs, and even cause emotional and mental strain. Just because people can’t see the pain, doesn’t mean it’s not there and potentially life-threatening. Help bring visibility to lupus, even when it can’t be seen! Thank you for taking the pledge to continue raising awareness and help us make lupus visible year-round” – LUPUS Foundation of America

**For more information please visit [www.lupus.org](http://www.lupus.org)**



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## ANNUAL CAMPAIGN CONTINUES

Were you considering making a gift to the YMCA? Did you want to make a gift but can’t do it all at once? There is a way you can give with your monthly membership. All you have to do is see one of our membership staff, and they will set it up for you.

**Please consider becoming a monthly donor at the Y. Your impact goes a long way in making a positive impact on someone else in the community.**



**BECOME A G.E.M. MONTHLY DONOR.**  
The membership desk can set that up for you.



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:**





## INTERACTIVE HEALTH FAIR FOLLOW UP

# HEALTHY HAPPENS HERE

THE EVENT IS **FREE** & OPEN TO THE PUBLIC

## INTERACTIVE HEALTH FAIR

# THANK YOU!

Thank you to the **Ludlow Elks** for exclusively sponsoring this event and to the following participating organizations:

- Alternatives in Physical Therapy
- American International College
- Springfield College
- Wilbraham Fire Department
- Wilbraham Senior Center
- Polish National Credit Union

### Ludlow Elks



## NEW PROGRAM



**1 IN 2** AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE

Only about **20%** of people have



## TAKE ACTION TO IMPROVE HEART HEALTH

Blood Pressure Self-Monitoring Program  
Scantic Valley YMCA

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension.

Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education.

To see if you qualify or for additional information, contact:

Dawn Lapierre  
dlapierre@springfield.org  
413.596.2749 x3107

YMCA membership not required. In-person and virtual offerings are available.

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y.

SCANTIC VALLEY YOUNG MEN'S CHRISTIAN ASSOCIATION 202001 09/22



## SAVE THE DATE:

Monday, September 25, 2023 | 12:00pm Shotgun Start  
Twin Hills Country Club, 700 Wolf Swamp Road, Longmeadow, MA

### PRESENTED BY:

**MERRILL**   
A BANK OF AMERICA COMPANY

The Foundation Management Group

Sponsorship opportunities  
are available. For more  
information, please contact  
**Donna Sittard at**  
**423-739-6951 x3110 or**  
**[dsittard@springfieldy.org](mailto:dsittard@springfieldy.org)**

## 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 Lavalley at 413-739-6951 or [klavalley@springfieldy.org](mailto:klavalley@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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