



IMPACT NEWS

MAY 2023 | YMCA OF GREATER SPRINGFIELD

#StrongYStrongCommunity



DONNA SITTARD, DEVELOPMENT DIRECTOR

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." - **Dr. Seuss**



ISO YOPRO'S

The YMCA of Greater Springfield is in search of individuals involved in a Young Professional Society (YPS) who would like to volunteer at the Y and become ambassadors of change and service in the community. We are looking for YPS members who have an interest in serving on our Golf Committee and Fund Development Committee. For more information please reach out to Donna Sittard, Development Director at dsittard@springfieldy.org.



SUMMER CAMP REGISTRATION

Summer Camp Registration is now open. For further information please visit our website at www.springfieldy.org or call 413-739-6955.



WATER SAFETY-SWIM LESSONS-BECOME A LIFEGUARD-FIRST AID AND CPR

“May is National Water Safety Month and the American Red Cross wants to ensure that every member of your family becomes water competent. This means being water smart, having swimming skills and knowing how to help others. Children and adults should learn to swim so they at least achieve the skills of water competency: be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely.

Layers of protection are essential to help prevent drowning. Plan ahead for aquatic activities:

- Provide close and constant attention to children you are supervising in or near water;
- Fence pools and spas with adequate barriers, including four-sided fencing;
- Learn swimming and water survival skills;
- Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets; and
- Always swim in a lifeguarded area.”

This and more about water safety can be found on the American Red Cross website at www.redcross.org.



The YMCA of Greater Springfield offers Baby/Parent, Youth, and Adult swim lessons at our Scantic Valley YMCA in Wilbraham. The Y also offers lifeguard certification classes (Red Cross) and CPR and First Aid classes (ASHI). For more information about swim lessons or certifications, please contact Kim Lavalley, Associate Director of Aquatics at 413-596-2749 or klavalle@springfieldy.org.

WHY THE Y

"Swimming is fun. We like to spend time together"

- Harper, Helena, Ivan, Alyxandra

"Our families have been coming to the Y for a while. We meet on a regular basis. We feel a sense of community when we come here." - Mom



"The Y is a way to socialize. It has become my second family."

- Elke S.

"Joining the Y is the best thing I ever did after retiring."

- Lynn M.

"I came here for rehab for my son, and I never left".

- Denise D.

MAY IS NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH



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@springfieldy.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.

REFERENCE: American Heart Association 3/20/19 06/22

COMMUNITY COLLECTION SUPPORTS THE YMCA OF GREATER SPRINGFIELD

Would your business consider sponsoring a collection vessel similar to this one in your business parking lot on behalf of the YMCA of Greater Springfield to support our mission, in turn supporting and impacting your community in a positive way?



This is how you can help send kids to summer camp, after school programs, child care, help someone on their health journey, and so much more.

Only clothing and shoes are collected. When it gets full you would call in for a collection and in turn, the YMCA receives funds by the pound. The last collection from one bin amounted to over \$300. If you are interested, please contact Donna Sittard, Development Director at dsittard@springfieldy.org.



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

SIGN UP!

Don't forget to friend us on FACEBOOK to find out more about what is happening at the YMCA of Greater Springfield. We have a few pages, so you can friend us on one or all.

YMCA of Greater Springfield

www.facebook.com/YMCAofGreaterSpringfield



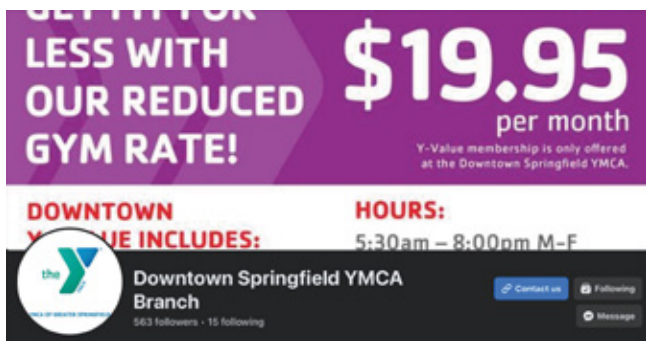
Scantic Valley YMCA

www.facebook.com/ScanticValleyYMCA



Downtown Springfield YMCA

www.facebook.com/DowntownSpringfieldYMCA



LIVESTRONG® at the YMCA

www.facebook.com/livestrongspringfieldymca



Summer Programs & Camps

www.facebook.com/ymcaspringfieldsummercamp



YMCA of Greater Springfield Learning Centers

www.facebook.com/YMCALearningCenters



CONTACT INFORMATION

ASSOCIATION OFFICES

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DOWNTOWN SPRINGFIELD YMCA

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SCANTIC VALLEY YMCA

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FACEBOOK: www.facebook.com/YMCAofGreaterSpringfield

INSTAGRAM: www.instagram.com/ymcaspringfield/

TWITTER: twitter.com/YMCASpringfield

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