



# IMPACT NEWS

JUNE 2023 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



## DONNA SITTARD, DEVELOPMENT DIRECTOR

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” - **Barack Obama**

### CAMP WEBER CLEAN UP

This is the 3rd spring Eastman Chemical has come out with a crew of volunteers from their Indian Orchard facility and gave it their all to help the Y prepare to open Camp Weber for our campers. This year over 50 volunteers throughout the day removed fall and winter debris at the basketball court and pool deck; replaced and painted the handball wall; painted picnic tables and benches; trimmed bushes and overgrowth; power washed the basketball courts; did heavy yard work in our walking paths, around our STEM Center, high ropes course, lodge, field, and registration building; and so much more. They even brought in their own equipment and the good weather; we are so grateful!

For many Indian Orchard team members, this was not their first-time volunteering at the camp. Tom Kubacki, Manager, Operations Services, has volunteered multiple times. According to Tom, he always has the desire to support our community and give back as much as possible. He knows what Camp Weber must mean to the campers and wants to ensure it’s ready for them. Tom says, “it’s not about the recognition but the impact this work will have on campers this summer.”



## CAMP STONY BROOK ACRES CLEAN

Thank you to Raymond James for coming out to Camp Stony Brook Acres to help clean up the camp from last fall and winter's debris. Volunteers spent a beautiful Saturday morning with our staff getting the leaves out from between the bushes, picking up sticks and trash, cleaning up around the buildings and open spaces, and helping to create a welcoming atmosphere.



We would like to thank the volunteers from Raymond James for their time to help beautify the camp as we get closer to the camp season. Thanks for making a difference.



### DID YOU KNOW?

Did you know Father's Day started at the YMCA? It was founded in Spokane, WA, at the YMCA in 1910 by Sonora Smart Dodd, whose father, William Jackson Smart, had raised six children on his own. After hearing a sermon about Mother's Day, Dodd told her pastor that fathers should have a similar holiday honoring them. Although she initially suggested June 5, her father's birthday, the pastors did not have enough time to prepare their sermons, and the celebration was deferred to the third Sunday of June. In 1972, President Nixon recognized Father's Day as an official holiday.



## NATIONAL CANCER SURVIVORS' DAY

The first Sunday in June each year is recognized as National Cancer Survivor Day. At the YMCA of Greater Springfield and many YMCAs across the country, we offer the LIVESTRONG® at the YMCA program for the community throughout the year.

LIVESTRONG® at the YMCA is a free 12-week exercise program for those who are living with, through, or beyond cancer to regain strength and connect with other cancer survivors. It is our hope that LIVESTRONG® at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue, and more. The free program is open to adults 18 years and older.



**LOCAL  
SUPPORTER:**

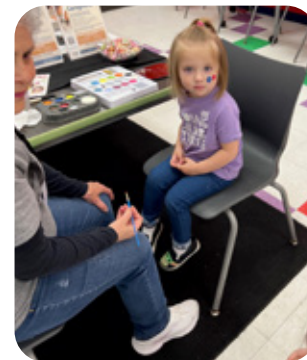


For more information about this program, please contact Dawn Lapierre at [dlapierre@springfieldy.org](mailto:dlapierre@springfieldy.org) or call 413-206-5707.

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## HEALTHY KIDS' DAY WAS A SUCCESS

Once again, Healthy Kids Day was a success here and around the country, despite the rain we had this year. As with many things, the Y is very adaptable, so we just moved inside. Our Y held events at the Scantic Valley YMCA, Downtown Springfield Learning Center, and the North End Youth Center. We want to share a few photos and thank all those who supported the events and all those who attended and volunteered. Healthy Kids Day occurs in April every year. So, mark your calendars for next year and check back with us for locations, date, and time for Healthy Kids Day 2024.



## THANK YOU LIBERTY BANK

We would like to thank Liberty Bank for their support and continued belief in our mission at the YMCA of Greater Springfield. Their generous contribution will allow the Y to continue providing vital services for the community, including in the area of our youth.



**Thank you, Liberty Bank, for helping to create opportunities and successes!**

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## THANKS FOR VOTING FOR THE SCANTIC VALLEY YMCA

# Monson Savings

## Your Bank Forever

The YMCA of Greater Springfield, on behalf of our Scantic Valley YMCA, would like to thank all those who voted for us in the Monson Savings Bank's Community Giving Initiative. Because of all those who participated in the voting process, the Scantic Valley YMCA made the list of the top ten nonprofit organizations to receive an award from Monson Savings Bank. The Scantic Valley YMCA has been awarded \$1,000 to help with its mission to serve their community. **And a big Thank You to Monson Savings Bank for giving us this opportunity. Thank you all for making an impact!**



## CHECK OUT THE A.O.A. CLASS AT THE DOWNTOWN SPRINGFIELD Y

On Mondays and Wednesdays from 10:00-11:00am you too could have some fun while you work out at the Y. This class is for all abilities, you can just modify it for yourself with the help of Spencer, our instructor. Whether you want to stand or need to sit, it's all good!



For a full list of schedules for the Downtown Springfield YMCA and the Scantic Valley YMCA visit our website at [www.springfieldy.org](http://www.springfieldy.org).

## 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](mailto:dsittard@springfieldy.org).



YMCA OF GREATER SPRINGFIELD



**GOLF**

★ **CLASSIC** ★

**2023**

## **SAVE THE DATE:**

**Monday, September 25, 2023 | 12:00pm Shotgun Start**

Twin Hills Country Club, 700 Wolf Swamp Road, Longmeadow, MA

**PRESENTED BY:**



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)**

## 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](http://www.facebook.com/YMCAofGreaterSpringfield)



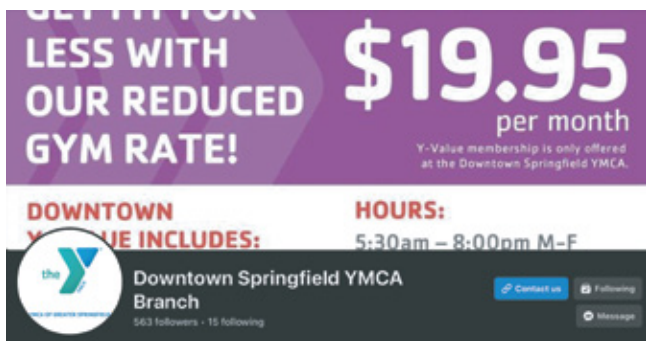
### Scantic Valley YMCA

[www.facebook.com/ScanticValleyYMCA](http://www.facebook.com/ScanticValleyYMCA)



### Downtown Springfield YMCA

[www.facebook.com/DowntownSpringfieldYMCA](http://www.facebook.com/DowntownSpringfieldYMCA)



### LIVESTRONG® at the YMCA

[www.facebook.com/livestrongspringfieldymca](http://www.facebook.com/livestrongspringfieldymca)



### Summer Programs & Camps

[www.facebook.com/ymcaspringfieldsummercamp](http://www.facebook.com/ymcaspringfieldsummercamp)



### YMCA of Greater Springfield Learning Centers

[www.facebook.com/YMCALearningCenters](http://www.facebook.com/YMCALearningCenters)



## CONTACT INFORMATION

### ASSOCIATION OFFICES

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Springfield, MA 01115

### DOWNTOWN SPRINGFIELD YMCA

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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](http://twitter.com/YMCASpringfield)

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