



# IMPACT NEWS

JULY 2023 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



## DONNA SITTARD, DEVELOPMENT DIRECTOR

"If you just keep putting one foot in front of the other, fantastical things can happen."

-Sheryl Crow, Musician

## THE NEW CORPORATE BOARD

On June 7th, we had our Annual Meeting of the Members. It is a time to bring together members, volunteers, staff, participants and anyone with an interest in the YMCA of Greater Springfield. It was great to see such a wonderful turnout. It is an opportunity to share the key information from the prior year and to give some insight into our direction for the current year and beyond. It is also a time to vote in new Board Members and Board Officers. We welcomed Thomas Creed and John Doleva to the Board. We also welcomed Ron Kidd as the new Chair and thanked Jeff Poindexter for his years of service in that role. We had the opportunity to highlight some of the creative programs and celebrate the organization and the people that make it great.

Thank you to all our volunteer Corporate Board Members for your service to the YMCA of Greater Springfield.

### YMCA of Greater Springfield Board of Directors 2023-2024

- Scott M. Berg
- Lamont Clemons
- Thomas Creed
- John Doleva
- Daniel Flynn
- Maria Gulluni
- Kimberly Kennison
- Ronald C. Kidd
- Ted Noonan
- Michael S. Ostrowski
- Jeffrey E. Poindexter
- Michael Rouette
- Sara West



## WHY THE Y

"Ignoring adversity to beat the odds is inspirational."

- Jim K.

"Just go out there, find the right support and do it. Over and over again. I'm endlessly grateful for this community."

- Lindsey C.



"I've been a member of the Y for over 30 years, originally introduced by a former Springfield VAC member, Sid Chase. I was encouraged to join the Board in the early 2000's and rose to Board Chair in 2011. I am thrilled to return to the Board in support of the extraordinary work that Staff and Volunteers do every day, strengthening our Community one child and one family at a time. If our families get the resources they need, and our kids are provided every opportunity, our Community thrives. I have missed being a part of it all! And there is the added benefit of being reminded to take care of myself once in a while!"

- Tom Creed

"I have been a member at the YMCA for 15 years and utilize it primarily to achieve my fitness goals. I enjoy 'the morning crew' at the Springfield location that makes working out more enjoyable; there is boundless encouragement amongst us and some wonderful laughs that make it special. I volunteer as a Board member (2nd stint!) and my objectives in that capacity are to help grow membership, solidify the financial situation to ensure an excellent ongoing operation, and look towards the future focusing on a potential new YMCA facility in Springfield to serve our broadening constituents!"

**John L. Doleva**

**President & CEO, Naismith Basketball Hall of Fame**







## THANK YOU M&T BANK

Thank you to our friends M&T Bank for their generous support of the YMCA of Greater Springfield, including our youth programming at the Y. We are proud to have you as part of our YMCA family and helping to make a difference in the lives of so many.

## THANK YOU BERKSHIRE BANK

Thank you, Jim, Joe, and Berkshire Bank for supporting our YMCA and our Y-AIM program for teens. Through personal and educational support our teens are graduating from high school; becoming productive citizens; and caring, honest, responsible, and respectful individuals.



## WILBRAHAM LEARNING CENTER PRE-SCHOOL GRADUATION

It was all lights, camera, and action at the Learning in Wilbraham's Preschool Graduation!

**Congratulations to all these stars!**



## JUMP START

Jump Start is a personalized approach to help you meet your specific wellness goals.

Meet one-on-one with a personal trainer for a 45 minute coaching session to:



- Discuss a personalized wellness program
- Get insights for training and nutrition support
- Learn about Y programs that can meet your individual healthy living goals

**Participants will receive 10% off of a Personal Training or Nutrition Counseling.** (Nutrition Counseling only held at the Scantic Valley YMCA.)

**A one-time appointment is complementary with a membership.**

### FOR QUESTIONS CONTACT:

Dawn Lapierre – Scantic Valley YMCA Healthy Living Director E: [dlapierre@springfieldy.org](mailto:dlapierre@springfieldy.org)

Scantic Valley YMCA: 45 Post Office Park, Wilbraham, MA 01095 P: 413.596.2749 x3107

Kim Lavallee – Downton Springfield YMCA Executive Director E: [kimlavallee@springfieldy.org](mailto:kimlavallee@springfieldy.org)

Downtown Springfield YMCA – Tower Square: 1500 Main Street, Suite 200, Springfield, MA 01115 P: 413.739.6951

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## THE SCANTIC VALLEY Y IS REINTRODUCING PRESCHOOL SPORT PROGRAMS!

Preschool sports programs provide young children with a positive and engaging introduction to sports and physical activity, fostering a lifelong interest in a healthy and active lifestyle.

We know that preschoolers learn best through play. Our programs will emphasize basic skill development, such as hand-eye coordination, balance, spatial awareness, and teamwork. Simple drills and exercises will help children develop these skills in a supportive and non-intimidating environment. **Contact the Scantic Valley Y at 413.596.2749 for more information.**



## SPONSORSHIP OPPORTUNITIES

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).



### 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)



**YOUR COMPANY**  
**LOGO/MESSAGE HERE**

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).



YMCA OF GREATER SPRINGFIELD  
THE BIRTHPLACE COMMUNITY CLASSIC WEEKEND

# FAMILY BOWLING

## EXTRAVAGANZA



**MAIN RAFFLE PRIZE/MGM:**  
One night Hotel Stay including a complimentary dinner at Chandler's Steak House.

PROCEEDS SUPPORT THE Y-AIM PROGRAM

**FAMILY OF 4: \$60**  
**INDIVIDUAL: \$20**

Food will be provided.  
• Cash Bar • Raffles  
• 50/50 Drawing

**AUG. 10, 2023 | 6PM – 9PM**

**MGM SPRINGFIELD**  
One MGM Wy.  
Springfield, MA 01103

MADE POSSIBLE BY:




FOR MORE INFO: Angelica Castro E: [acastro@springfieldy.org](mailto:acastro@springfieldy.org)

YMCA OF GREATER SPRINGFIELD  
THE BIRTHPLACE COMMUNITY CLASSIC WEEKEND

# BIRTHPLACE



# CELEBRITY CLASSIC

**AUGUST 11, 2023 | 5PM – 11PM**

**SPRINGFIELD HIGH SCHOOL OF COMMERCE**  
415 State St, Springfield, MA 01105

**Adults: \$10.00**  
**Teens: \$5.00**  
**12 and under FREE**

FOR MORE INFO: Angelica Castro E: [acastro@springfieldy.org](mailto:acastro@springfieldy.org)

PROCEEDS SUPPORT THE Y-AIM PROGRAM & THE BOYS & GIRLS CLUB FAMILY CENTER.





## CAN WE TALK

The YMCA of Greater Springfield would like to invite your business over for a tour and conversation to introduce ourselves, share what we do, and team up for the community.

Let's connect and share ideas and learn more about each other! **Contact Donna Sittard at 413-736-6951 x3110 or email [dsittard@springfieldy.org](mailto:dsittard@springfieldy.org) to set things up.**



## 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](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)



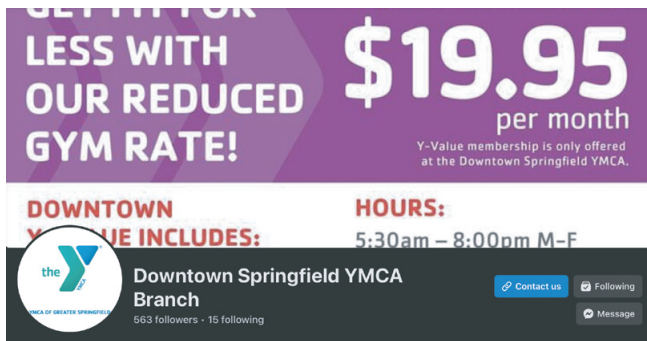
### Scantic Valley YMCA

[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

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**

[dsittard@springfieldy.org](mailto:dsittard@springfieldy.org) | 413-739-6951 (x3110)