



IMPACT NEWS

SEPTEMBER 2023 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITTARD, DEVELOPMENT DIRECTOR

Be yourself. Everyone else is taken. — Oscar Wilde

FALLS PREVENTION AWARENESS DAY **September 23 is Falls Prevention Awareness Day.**

The YMCA of Greater Springfield offers various classes which could help individuals with their balance and strength. Whether in a group exercise class, small group training or with a personal trainer, the Y is here to help you on your health journey. But remember, before you begin, always consult your physician.

From the National Council on Aging: **Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer**

“Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.



1. Clear the way. Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
2. Light it up. Replace light bulbs with bright, non-glare bulbs to help you see around the house.
3. Have a seat. Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
4. Secure some support. Buy a shower seat, grab bar, and an adjustable-height handheld shower head to make bathing easier.
5. Store for success. Keep frequently used items between waist and shoulder height, making them easier to access without the need for a step stool or unsafe reaching.”

If you want to learn more about fall prevention, you can visit

www.ncoa.org/older-adults/health/prevention/falls-prevention

DOWNTOWN SPRINGFIELD PRE-SCHOOL GRADUATION

The YMCA would like to congratulate ALL of our pre-school graduates this year. Just like any other pre-school, these children learned how to write, begin to read, work on science projects while having fun, doing arts & crafts, riding bikes, playing outside and so much more.



We would like to thank again Liberty Bank, PeoplesBank, and M&T Bank for their generous support for 2023 in helping to make this day possible.



For more information about the YMCA of Greater Springfield Pre-School programs or any child care services (including afterschool), please call 413-739-6955. (Services in Springfield and Wilbraham.)

NATIONAL FOOD SERVICES DAY

September 25th recognizes National Food Services Day and the YMCA of Greater Springfield would like to recognize our Food Services staff.

Each day, Lori and Jaeden serve healthy snacks and meals for our childcare, preschool, before and after school, summer camp, and teen programs. Thank you for your smiles and dedication to the youth at the YMCA.





YMCA of Greater Springfield

FOOD DRIVE

The month of September is Hunger Action Month and challenges everyone in the U.S. to take action to fight hunger in their community. The YMCA of Greater Springfield would like to help in this effort by hosting a Food Drive, **September 17-30, 2023.**

Items collected at the Wilbraham Learning Center and Scantic Valley YMCA will be donated to the Community Survival Center, Indian Orchard. Items collected at the Downtown Springfield Learning Center, North End Youth Center and the Downtown Springfield YMCA will be donated to the Open Pantry, Springfield, MA.

Here are just a few items that are always in need:

Canned tuna & meat, prepared canned meals, tuna fish, peanut butter; baby food, canned fruits & vegetables, pasta and sauce, meal helpers, rice, kid snacks, hearty soups, prepared pasta meals.

COLLECTION LOCATIONS:

Parents during drop off and pick up at our Early Learning Centers.

GENERAL PUBLIC: 9/17-9/30

Downtown Springfield YMCA Hours:

M-F 5:30am-8:00pm

Sat 7:00am-2:00pm

1500 Main Street, Springfield, MA

Scantic Valley YMCA Hours:

M-F 5:30am-8:00pm

Sat 7:00am-2:00pm

Sun 8:00am-2:00pm

45 Post Office Park, Wilbraham, MA

North End Youth Center Hours:

9/19, 9/20, 9/21, 2pm-6pm &

9/26, 9/27, 9/28, 2pm-6pm

1772 Dwight Street, Springfield, MA



www.springfieldy.org

M.O.C.H.A. GRADUATION

Congratulations to those who recently graduated from our latest CoHort a few weeks ago.

To learn more about M.O.C.H.A (Men of Color Health Awareness.) visit our website at www.springfieldy.org.



WHY THE Y

"I chose to join the Scantic Valley "Y" because of its sense of community. It is a welcoming space for people from different walks of life, circumstance and ability.

My now teenage son has learned to swim here and years later I found myself returning to continue with my personal health and fitness goals by taking advantage of the "Y's" personal training program.

I have been working with Martha Cobb who is enormously knowledgeable, motivating and supportive. She makes my goals attainable and truly cares about my progress. I feel grateful to have her by my side on this journey. The Scantic Valley "Y" is truly a gem in our community and makes a difference in people's lives everyday!" – **Monika S.**



COMMUNITY CLASSIC WEEKEND FOR Y-AIM

Thank you to our Community Classic Weekend sponsors and participants for making this a successful event!

THANK YOU FOR YOUR SUPPORT!





REAL KIDS REAL IMPACT

YMCA of Greater Springfield

BEFORE AND AFTER SCHOOL LICENSED PROGRAMS

Kindergarten-Grade 6

For more information,
visit www.springfieldy.org
or call **413.739.6955**

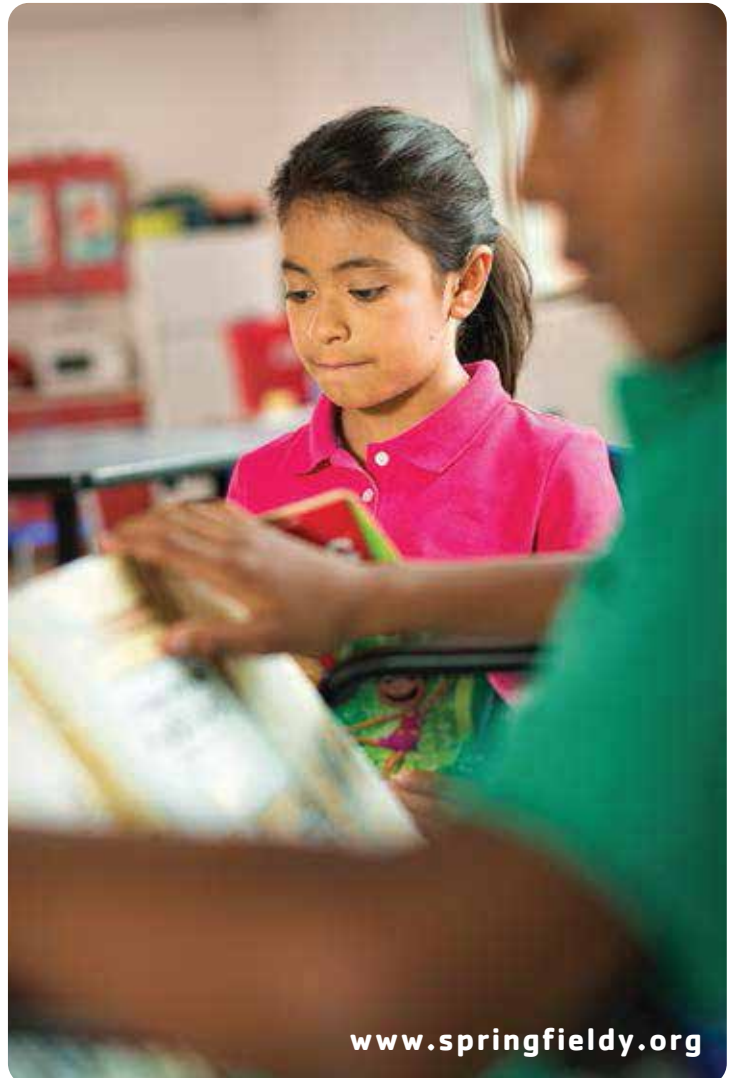
- Academic Support
- Physical Fitness/ Health & Wellness
- Arts & Humanities
- Character Development
- Leadership Development

FLEXIBLE TO MEET YOUR SCHEDULE!

We are open snow days, school vacation and half days. Summer camps are also available.

AFFORDABLE FOR ALL FAMILIES!

We accept vouchers, have available EEC slots and offer financial assistance to qualifying families. Full and part week options.



www.springfieldy.org

CHILDCARE AND PRESCHOOL OPENINGS

The YMCA of Greater Springfield offers childcare beginning at 4 weeks to 5 years old as well as preschool at our Early Learning Centers licensed by the Department of Early Education and Care and are nationally accredited with NAEYC.

We have openings at both our Downtown Springfield and Wilbraham Learning Centers. Contact Juanita Booker (Springfield) at 206-5686 or Sonia Pereira (Wilbraham) at 596-9521 for information and availability



NEW CLASSES AT THE SCANTIC VALLEY Y



DANCE FIT

Fridays 3:00PM

Community Room

Instructor: Maria Pupollo

Dance Fit is a rhythmic blend of dance moves inspired by styles ranging from hip-hop, pop, Latin dance to ballroom and ballet. It's all about getting a sweat on and having fun while moving your body. Come join in on the fun and torch some calories in the process.



ASHTANGA YOGA

Fridays 5:30PM

Community Room

Instructor: Dan Chevalier

Ashtanga is a dynamic form of Hatha Yoga, made up of six series or levels, with a fixed order of postures. It is rooted in vinyasa, the flowing movements between postures, with a focus on energy and breath. This moderate to advanced physical practice promotes mental clarity and inner peace. The first of the six Ashtanga series will be the focus in this class.

WWW.SPRINGFIELDY.ORG



SCANTIC VALLEY YMCA LAUNCHES TOTAL BODY PARKINSON'S CLASS

Parkinson's Total Body Class uses interval-style instruction for individuals with Parkinson's disease. Meeting twice a week, activities include strength, cardio, boxing, cycling, agility, flexibility, and balance training. This modality of exercise has been shown to increase neuronal activity, which is usually decreased in individuals with Parkinson's disease. Total Body Parkinson's class is an additional benefit of YMCA of Greater Springfield membership. Classes are also available to the community with a non-member fee of \$30 per month. This program is supported, in part, by a grant from the American Parkinson Disease Association Massachusetts Chapter. For more information or to register, contact the Scantic Valley YMCA, a branch of the YMCA of Greater Springfield, at 413.596.2749 x3107.



TOTAL BODY PARKINSON'S Exercise Class for People with Parkinson's Disease (PD)

Activities include Strength, Cardio, Boxing, Cycling, Agility, Flexibility, and Balance.
Exercise has been shown to slow the progression and manage symptoms of PD.

**Wednesdays
& Fridays**

11:00 - 11:45AM

Free for Members
\$30 per month for
Non-members

PARTICIPANTS MUST BE ABLE TO:

- Move from station to station
- Get up and down from floor
- Perform lateral movement, cardio movements and free weight exercises safely
- Process verbal cues with minimum assistance

PRE-REQUISITES:

1. Schedule a screening / intake with Martha Cobb, Coordinator of Community Health Programs, (413) 596-2749, x3107 or mcobb@springfieldy.org
2. Medical Clearance from a physician

SCANTIC VALLEY YMCA
45 Post Office Park, Wilbraham MA
www.springfieldy.org

This program is supported in part by the American Parkinson Disease Association Massachusetts Chapter.

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
MASSACHUSETTS CHAPTER
Strength in optimism. Hope in progress.

HELP THE YMCA WHILE YOU GROCERY SHOP

Big Y & Stop and Shop community bags...When you shop at any Big Y or Stop & Shop, you can support the Downtown Springfield YMCA or the Scantic Valley YMCA with the purchase of one of these bags.

Just follow the instructions on the instruction card attached to the bag within a few days of the purchase of the bag. Select which branch you would like to support. It is that easy.

Thanks for your support.



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@springfield.org.



NARCAN TRAINING

YMCA of Greater Springfield staff, through a collaboration with the City of Northampton's Department of Health & Human Services, will be trained to recognize the signs and symptoms of an opioid overdose, provide appropriate care based on the person's breathing and level of responsiveness, and how to administer naloxone to reverse the effects of an opioid overdose.

HO HO HO....

The YMCA of Greater Springfield is already in the planning stages for hosting a visit from Santa in December. Last year we had around 500 children in need of toys. This event is just another way the YMCA helps fill the gap in the community's needs and we hope you will consider joining in the fun and excitement for a great Santa visit. Would your company consider signing up to do a toy drive at your work? We are also looking for people to serve on the planning committee and volunteer at the event.



For more information about a Toy Drive or Santa's visit please contact Kim Lavalley at kimlavalley@springfieldy.org or call 739-6951



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

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

INSTAGRAM: www.instagram.com/ymcaspringfield/

X (TWITTER): twitter.com/YMCASpringfield

Donna Sittard, Development Director

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