



IMPACT NEWS

MARCH 2024 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITTARD, DEVELOPMENT DIRECTOR

"Everything you do has some effect, some impact." – Dalai Lama



EXCITING NEWS

The YMCA of Greater Springfield is thrilled to announce the expansion of our after-school program with the addition of a new site at Springfield Prep Charter School.

This expansion allows us to provide even more children with a safe, enriching environment during after-school hours. At Springfield Prep, as with all our programs, we are committed to fostering a positive and inclusive community where children can engage in a variety of educational and recreational activities. Our dedicated staff is eager to create a nurturing space for learning and growth, ensuring that every child has the opportunity to thrive.

Join us in this new chapter as we continue to empower young minds and build a stronger community together! If your child attends Springfield Prep and you would like more information about the program there or any of our other sites, please contact 413-739-6955 or go to our website at springfieldy.org.



Springfield Prep
CHARTER SCHOOL



EXCITING NEWS! YOUR GIFT CAN BE DOUBLED.

Please consider making a donation to the YMCA of Greater Springfield to support your community.



Your contribution, no matter the amount, changes lives.

TO MAKE A DONATION:



MAKING AN IMPACT

This year marks 172 years, as a non-profit organization, that the YMCA of Greater Springfield has been a cornerstone in communities across greater Springfield. Providing high-quality programs and services devoted to Youth Development, Healthy Living and Social Responsibility, the Y is committed to acting as a force for social good and helping those in greatest need.

IN 2023 OUR Y SERVED:

- 201** Infants and preschoolers in our accredited Early Learning Centers,
- 909** Children in our Before and After School programs,
- 937** Youth and teens in our Summer Camps,
- 190** Students in our Y-AIM college and workforce prep programs,
- 1,597** Youth and adults in our Learn To Swim program,
- 1,028** Active Older Adults,
- 708** Cancer Survivors since 2010 in our LIVESTRONG® at the YMCA program
- 2,419** Veterans & Military and their families,
- 10,342** Members & Program Participants.



All of this—and was made possible thanks to the powerful collaboration among our passionate members and volunteers, dedicated donors and Mission Partners, and invaluable staff.

Would you consider making an IMPACT in your local neighborhood and at your local branch with a donation to support our YMCA? Scan the QR code to donate now or check in with the membership staff at your local branch where you can make a donation or sign up to become a monthly donor.

**SCAN THE
QR CODE TO
MAKE A GIFT
TODAY!**



CORPORATE PARTNER GOLD RECOGNITION

A Corporate Partner is a business that supports the YMCA of Greater Springfield. A Corporate Partner – Gold is a renewable annual recognition reserved for businesses who support the YMCA of Greater Springfield in multiple ways and at various levels for the Annual Campaign, Program or Capital support, Sponsorships, Endowment Investment, In Kind Gifts, promoting the YMCA to employees, and employee/customer engagement through volunteerism, workplace giving or customer giving.

Corporate Partner Gold Benefits include reaching a new audience of the YMCA, positive impact on company image, providing community support, volunteer opportunities, ambassador opportunities, recognition to the general public and your customers, visibility opportunities through sponsorships, boost employee morale, benefits based on the giving level, participate in a Corporate Partner Day at our YMCA, logo recognition on our website, social media, annual meeting, newsletter announcement, and branch TV.



Further discussion and questions can be directed to Donna Sittard, Development Director at dsittard@springfieldy.org.

READ ACROSS AMERICA DAY CELEBRATED MARCH 2, 2024

Whether learning to read or being read to, the children at the Y were able to enjoy some great books today.



COUNTING COINS

Brittany Progulske, Assistant Branch Manager from Westfield Bank (Tower Square Location), provided a financial workshop for the preschoolers at the Tower Square YMCA Learning Center. They learned all about the value of money and the importance of saving at such an early age. Thank you Westfield Bank for teaching our preschoolers another valuable lesson.



AMERICAN DIABETES ASSOCIATION ALERT DAY – MARCH 26

From the American Diabetes Association website: “The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed.

COMMON SYMPTOMS OF DIABETES:

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)



Connected **for Life**®

Regular physical activity is an important part of diabetes management. Explore ways to jumpstart or maintain your fitness journey, whether it's walking, running, swimming, or taking an aerobics class. Every lifestyle change makes a difference and has a significant impact on your health.

As always, you should check with your primary care provider about your health care journey.

NATIONAL VOLUNTEER WEEK

April 14–20 is National Volunteer Week and we want to thank all our volunteers. If you are looking for volunteer opportunities throughout the year, please reach out to Donna Sittard, Development Director at dsittard@springfieldy.org or call 413-739-6951.



WHY THE Y

“Who could have realized that walking through those big, glass doors into the Y years ago would change my life so much? Not me, for sure. Nervous and uninspired, I figured I’d give the First Step Back program a try. What did I have to lose besides weight? Nothing, but I never realized all that I had to gain. After an initial evaluation, I was introduced to Terri C., who appeared to have very little in common with me. Tall, fit and with a soft spoken voice, she welcomed me. My skeptical mind said, “This will never work. She just won’t get me.” Wrong. I was so very wrong.

Terri has become one of my best friends. She’s always there for me, encouraging, teaching, helping and caring. I remember her telling me how she had gone home and researched multiple sclerosis because she wanted to understand and be able to help me better. Who does that? A friend. When Covid hit, both of us reluctantly cut out our visits to Scantic Valley YMCA. I missed my friend as the pandemic dragged on, and my strength and balance waned. Then a year and a half ago, I had a stroke. I hadn’t seen Terri for a long time, but I texted her for advice. Who could I see at the Y to help me overcome this new challenge? I knew I needed help with my recovery. Terri’s answer? “I want to help you, Barb. I’ll be there.”

So, you ask me what the Y means to me. It means people like Terri. She’s kind, dedicated, caring and funny. She’s gentle and encouraging with a spine of steel. She holds me responsible while helping me to be my best self. Most of all, she gets me. Walking into the Y that day was one of the best decisions I’ve ever made. I had everything to gain, and so little to lose. Yes, I’ve lost weight and most of my limp. And, yes, my balance, strength and stamina have improved immensely. But the most important gift was Terri. You just don’t make friends like her every day. ”



MARK YOUR CALENDAR – APRIL 2 WEAR BLUE

In support of Autism Awareness Month, consider joining the YMCA of Greater Springfield in Wearing Blue on April 2.

From autismspeaks.org: “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.”

For more information scan the QR code or go to www.autismspeaks.org



SAVE THE DATE – HEALTHY KIDS DAY®

SATURDAY – APRIL 20, 2024

Wilbraham: Scantic Valley YMCA (Post Office Park) 10am–12pm

Springfield: YMCA North End Youth Center (Dwight Street) 12–2pm

Springfield Learning Center (corner of East Columbus Ave & Bridge Street) 10am–2pm

Healthy Kids Day® is the Y's national initiative to improve the health and wellbeing of kids and families. For over 30 years, YMCAs and their communities hosted free community events aimed to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond.



SAVE THE DATE – 2024 GOLF CLASSIC

MONDAY – SEPTEMBER 23, 2024

Twin Hills Country Club, Longmeadow

Supporting kids to camp, early learning opportunities, before/after school programs, health & wellness programs, and more.

If your company is interested in becoming a sponsor or playing in the tournament, please reach out to dsittard@springfieldy.org
Donna Sittard, Development Director.



PRESENTED BY:



FOLLOW US!

Don't forget to follow our social media pages. That will be another way the YMCA of Greater Springfield will be able to communicate with you about weather related delays and closings. We do our best to be OPEN, but Mother Nature does not always cooperate.

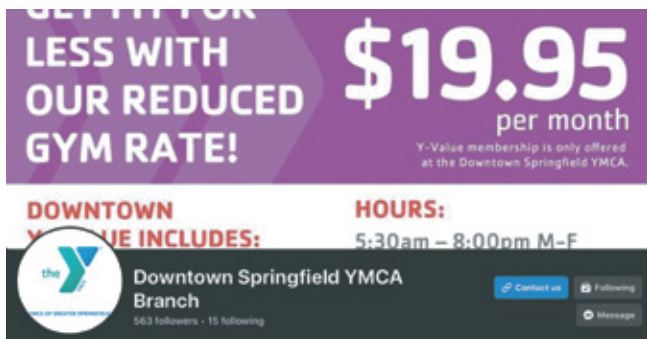
YMCA of Greater Springfield

www.facebook.com/YMCAofGreaterSpringfield



Downtown Springfield YMCA

www.facebook.com/DowntownSpringfieldYMCA



Summer Programs & Camps

www.facebook.com/ymcaspringfieldsummercamp



Scantic Valley YMCA

www.facebook.com/ScanticValleyYMCA



LIVESTRONG® at the YMCA

www.facebook.com/livestrongspringfieldymca



YMCA of Greater Springfield Learning Centers

www.facebook.com/YMCALearningCenters



CONTACT INFORMATION

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SCANTIC VALLEY YMCA

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P: 413.596.2749

FACEBOOK: www.facebook.com/YMCAofGreaterSpringfield

INSTAGRAM: www.instagram.com/ymcaspringfield/

X (TWITTER): twitter.com/YMCASpringfield

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