



IMPACT NEWS

APRIL 2024 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITARD, DEVELOPMENT DIRECTOR

Volunteers are love in motion! – Author Unknown

NATIONAL VOLUNTEER MONTH

We would like to thank all our volunteers who spend their time and share their talents with us to help get needed work done and allowing us to put those resources which would have otherwise been spent, back into our programs. Thank you for making an IMPACT at the Y!

If you would like to volunteer, we have several opportunities for you.

VOLUNTEER

- Corporate Board and Committees
- Advisory Board: Downtown Springfield YMCA & Scantic Valley YMCA
- Special Events & Fundraisers
- Camp Clean Up & Camp Close Up
- Host a Toy Drive
- Yards work: Scantic Valley YMCA & North End Youth Center
- Be part of the teen program: Mentor, tutor, Sports & Rec./Coaching, Arts & Crafts
- Preschool Youth Sports Instructor: Scantic Valley YMCA
- Child Watch/Club House: Scantic Valley YMCA
- Reading to the Youth
- Youth Arts & Crafts Projects

SPONSORSHIP

- 2024 Golf Classic
- Rooms at Scantic Valley YMCA & Downtown Springfield YMCA
- Electronic Bulletin Board – Downtown Springfield
- Healthy Kids Day
- Designer Purse Bingo
- Comedy Show
- Birthplace Celebrity Classic Basketball & Bowling Night Activities
- "I Survived The Summer" health challenge
- "Welcome Week" of all nationalities
- Trunk or Treat
- Thanksgiving CommUNITY Dinner
- Visit with Santa

For more information, please contact Donna Sittard, Development Director at dsittard@springfieldy.org



WHY THE Y

BULKLEY RICHARDSON

"In continuing Jeff Poindexter's legacy, Bulkley Richardson has partnered with the Greater Springfield YMCA to assist area boys and girls attend summer camp. The firm will send sixteen youth campers to a YMCA-run camp this summer for one week.

"Jeff knew summer camp was a privilege not all kids had access to, and he was a huge advocate of advancing equity in our Springfield neighborhoods. We felt that honoring Jeff's longtime commitment to the YMCA and its efforts to provide opportunities to youth in the community was something he would be proud of," said Dan Finnegan, Bulkley Richardson's Managing Partner.

Jeff Poindexter was a partner at Bulkley Richardson and the former chairman of the YMCA of Greater Springfield Board of Directors. "

Jeff was a tireless advocate for the YMCA for many years. We are proud to have been associated with a person that cared so deeply about his community. We are also thankful that Bulkley Richardson chose the YMCA as a partner to honor his memory. The firm has been a great community partner for quite some time and this gift exemplifies that commitment.

– Dexter Johnson, President & CEO



YMCA OF GREATER SPRINGFIELD

EXCITING NEWS!

An anonymous donor has agreed to match donations, a total match of up to \$25,000 in March and April for the YMCA of Greater Springfield.

What a great way to double your gift.



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:



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.

Congratulations MGM Springfield and Lia Toyota of Wilbraham for reaching the Corporate Partner Gold Status.



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

EARLY LEARNING CENTER AND BEFORE/AFTER SCHOOL FAMILIES

Families enrolled in the YMCA of Greater Springfield childcare programs, Early Learning Centers and/or Before/After School care, receive 50% off on a family membership at the Downtown Springfield Y or Scantic Valley Y.



HEALTHY KIDS DAY – APRIL 20



the Y
YMCA

HEALTHY KIDS DAY®

April 20 | Free to the Public

**» FIND YOUR JOY.
FIND YOUR Y.**
YMCA OF GREATER SPRINGFIELD

SCANTIC VALLEY YMCA
45 Post Office Park, Wilbraham, Ma 01095
10:00am - 12:00pm

DOWNTOWN SPRINGFIELD LEARNING CENTER
1500 Main Street, Springfield, Ma 01105
10:00am - 2:00pm

NORTH END OUTREACH CENTER
1772 Dwight Street, Springfield, MA 01104
12:00pm - 2:00pm

National Sponsor
PEANUTS

EARTH DAY – APRIL 22



the Y
YMCA

EARTH DAY TIPS

- Reduce. Recycle. Reuse.** ✓
Cut down on what you throw away and recycle what you can!
- Volunteer.** ✓
Get involved, from community cleanups to local advocacy work!
- Eat Local.** ✓
Support local farmers and save money, energy and fuel!
- Shop Wisely.** ✓
Buy sustainable products that help reduce your carbon footprint!

FIVE DAYS OF ACTION APRIL 15-19

At the Y, child protection is our number one priority year-round. The Five Days of Action is designed to raise awareness and inspire adults to take action to protect children from sexual abuse.

At the Y, we believe ALL children deserve the opportunity to discover who they are, and what they can achieve.

Every day, we are proud and respectful of the trust parents and communities around the country place in the Y.

From youth sports to summer camp; from out-of-school time and preschool and child care; our Y works to

ensure your children have a safe, fun filled experience. The **KNOW. SEE. RESPOND.** campaign is just one

way you can help protect children.

KNOW: KNOWing the facts about child sexual abuse can help adults better understand what to look for and how to prevent it. As parents, caregivers, and trusted adults to the young people in our lives, we plan an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at www.childhelpline.org

SEE: Media and technology are at the center of children's lives every day. With more of life happening online, what catches their attention isn't always what's best for them. As a parent or caregiver, you may SEE a child interacting with media daily, and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse. Learn more at www.common sense media.org/articles/online-safety

RESPOND: As a parent or caregiver, you may know it's important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin the crucial conversations at any age, from toddler to teen.

Visit www.cfchildren.org/resources/child-abuse-prevention/ to learn more and empower your child to report and refuse sexual abuse.



PUT ON PURPLE – MAY 10 WORLD LUPUS DAY

Whether it's a purple shirt, hat, sunglasses or more, wear your favorite purple gear to help make lupus visible.



World Lupus Day

Seemingly random symptoms can be a debilitating, chronic

autoimmune disease. As always, you should consult with your primary care provider regarding your health journey.

“Lupus is a chronic (long-term) disease that can cause inflammation and pain in any part of your body. It’s an autoimmune disease, which means that your immune system — the body system that usually fights infections — attacks healthy tissue instead.

Lupus most commonly affects your: skin, joints, internal organs, like your kidneys and heart. Because lupus affects many parts of the body, it can cause a lot of different symptoms. And many people with lupus don’t have all the symptoms.

The most common lupus symptoms (which are the same for men and women) are:

- Extreme fatigue (feeling tired all the time) • Pain or swelling in the joints
- Swelling in the hands, feet, or around the eyes • Headaches • Low fevers
- Sensitivity to sunlight or fluorescent light • Chest pain when breathing deeply

Many people with lupus also have problems that affect their skin and hair, like:

- A butterfly-shaped rash on the cheeks and nose • Hair loss • Sores in the mouth or nose
- Fingers and toes turning white or blue and feeling numb when a person is cold or stressed (Raynaud’s Disease)”

-- from the Lupus Foundation of America www.lupus.org

SAVE THE DATE

Annual Meeting to
be held in the morning
at the **Scantic Valley YMCA.**



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



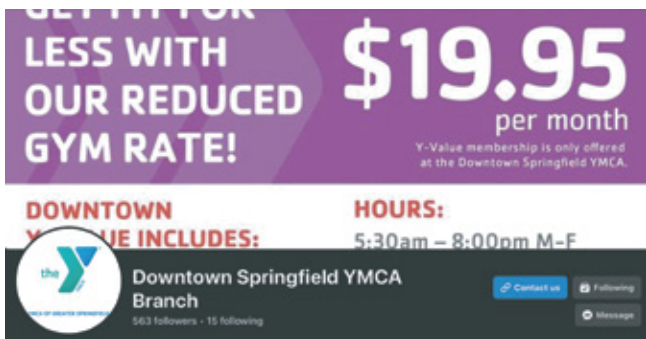
Scantic Valley YMCA

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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FACEBOOK: www.facebook.com/YMCAofGreaterSpringfield

INSTAGRAM: www.instagram.com/ymcaspringfield/

X (TWITTER): twitter.com/YMCASpringfield

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