



# IMPACT NEWS

MAY 2024 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



## DONNA SITTARD, DEVELOPMENT DIRECTOR

"Small gestures can have a big impact. Create where it matters."

- Anonymous

## HAPPY BIRTHDAY TO US!

The YMCA of Greater Springfield as an association is turning 172 years old this month. Our birthday recognizes us as the 4th oldest YMCA in the world, and the 2nd oldest YMCA in the United States of America.

Thank you for sharing your membership and program participation years with us. Thank you to all our donors and volunteers for your time, treasure, and talents to support our mission, in turn, supporting the community. Thank you to all our staff, past and present, for all you do—you are appreciated.

Thank You for being part of our YMCA Family.  
Happy Birthday to us!



# CORPORATE PARTNER GOLD RECOGNITION

Congratulations Bulkley Richardson Law Firm, Liberty Bank, and Teed Capital Management of Raymond James!

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.

Further discussion and questions can be directed to Donna Sittard, Development Director at [dsittard@springfieldy.org](mailto:dsittard@springfieldy.org)



Thank you Bulkley Richardson for all your support.



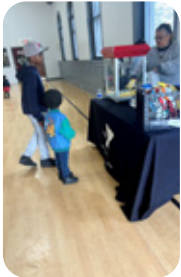
Thank you Liberty Bank for all your support.



Thank you Teed Capital Management of Raymond James® for all your support.

## HEALTHY KIDS DAY WAS FUN

We would like to thank all of our sponsors, table activity vendors, and all those who came out to healthy kids day across our association: Scantic Valley YMCA, Downtown Springfield Learning Center, and the North End Youth Center.

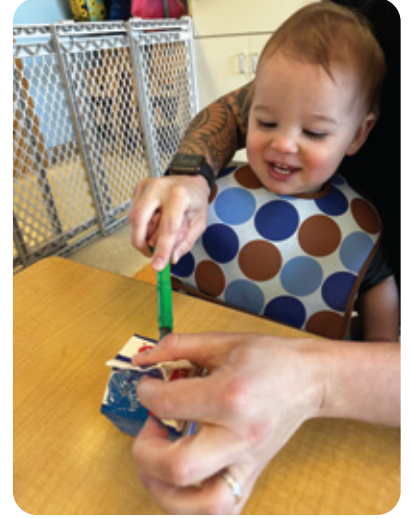


This free, nation-wide YMCA event is held every April to promote kids stay healthy in spirit, mind, and body and just having some fun. We hope to see all our families very soon for summer camp registration.



## EARTH DAY PROJECT – BIRD HOUSES

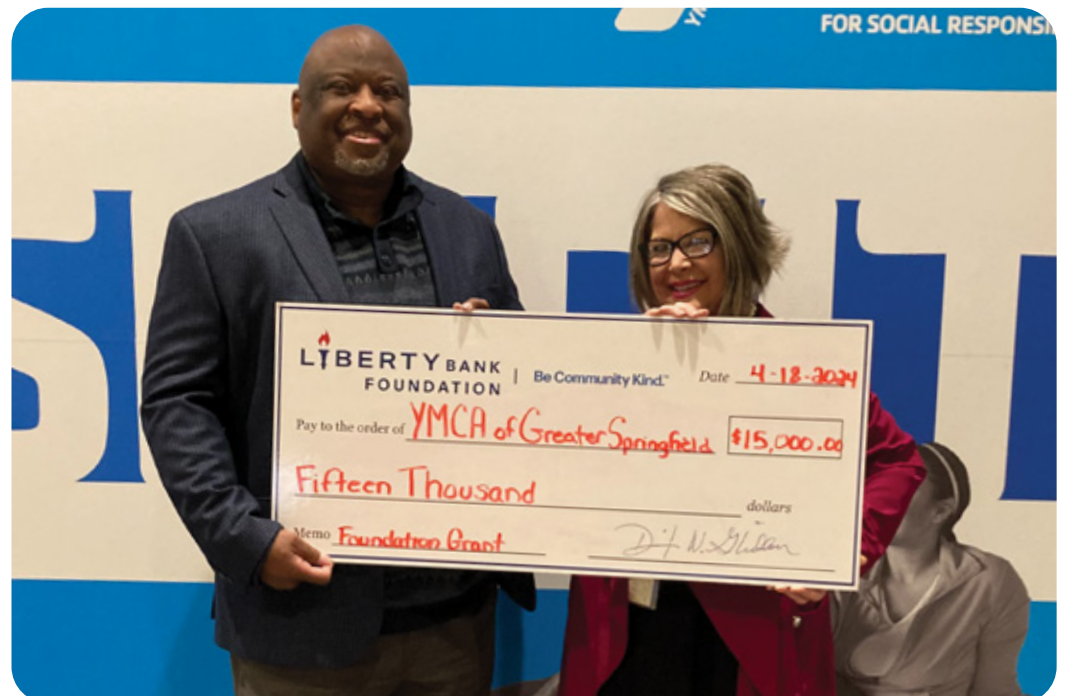
Some of our youngest children recycled milk cartons and turned them into beautiful birdhouses.



## THANK YOU

We would like to thank our friends at the Liberty Bank Foundation for their continued support toward youth programming and belief in our mission.

**#StrongerTogether**



## LIA TOYOTA OF WILBRAHAM – ARTS & CRAFTS DRIVE FOR SUMMER CAMP

For the month of May, Lia Toyota of Wilbraham is hosting an Arts & Crafts supply drive for YMCA of Greater Springfield summer day camps in Springfield, West Springfield and Wilbraham.



Make a donation of much needed craft supplies to help fill up the 2024 Lia Toyota Tacoma truck and you will be entered into a raffle for a \$500 gift certificate to the YMCA of Greater Springfield (donated by Lia Toyota of Wilbraham) which can be used in 2024 toward membership, childcare, before/after school programming, summer day camp, and/or programming. Some craft suggestions include: Ping pong balls, Pom poms, Wiggle eyes, Cookie cutters shapes all kinds, Paper plates, Yarn, Feathers, Magic markers, Gems, Paint brushes, Paint trays, Glue and Glue Sticks, Plastic spoons, Pipe cleaners, Popsicle sticks, Glow in the dark paint, Crayons, Colored pencils, Shaving cream, Molding clay, Stickers, Acrylic paint, Playdough, Sharpies all colors, Cotton balls, Letter stencils, Glitter, Sidewalk chalk, White paper, Straws, Scotch tape, Toothpicks, Plastic Craft Gimp, Beads, Construction Paper, and Felt sheets.

To find out more about the YMCA of Greater Springfield please visit our website at [www.springfieldy.org](http://www.springfieldy.org)



# MEMORIAL DAY


May 31 is Memorial Day, a day to recognize the ultimate sacrifice of military members.



## COMING UP FOR JUNE – NATIONAL CANCER SURVIVOR MONTH WEAR YOUR AWARENESS COLOR JUNE 6, 2024

WHY IS LIVESTRONG® AT THE YMCA IMPORTANT? This program fulfills the important need of the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally better. The fact that the program is outside a medical facility and integrated into the community serves to emphasize that LIVESTRONG® at the YMCA is about health, not about disease. The positive and enthusiastic feedback that we receive from individuals who have gone through the LIVESTRONG® at the YMCA convinces us that this is a significant community program that fills an important, and previously unaddressed need of cancer patients and survivors. Consider wearing your awareness color on June 6th.

### Show Your Support

 <i>Pink... Breast Cancer</i>	 <i>Black... Melanoma</i>	 <i>Gold... Childhood Cancers</i>
 <i>Teal... Ovarian Cancer</i>	 <i>Dark Blue... Colon Cancer</i>	 <i>Burgundy/Ivory... Head &amp; Neck Cancer</i>
 <i>Clear... Lung Cancer</i>	 <i>Burgundy... Multiple Myeloma</i>	 <i>Lime... Lymphoma</i>
 <i>Purple... Pancreatic &amp; Leiomyosarcoma</i>	 <i>Grey... Brain Cancer</i>	 <i>Peach... Uterine Cancer</i>
 <i>Orange... Leukemia</i>	 <i>Blue... Prostate Cancer</i>	 <i>Kelly Green... Kidney Cancer</i>
 <i>Emerald Green... Liver Cancer</i>	 <i>Teal/White... Cervical Cancer</i>	 <i>Teal/Pink/Blue... Thyroid Cancer</i>
 <i>Periwinkle Blue... Esophageal &amp; Stomach Cancer</i>	 <i>Yellow... Sarcoma/Bone/ Bladder Cancer</i>	 <i>Lavender... All Cancers</i>

## SIX TIPS TO KEEP IN MIND FOR NATIONAL WATER SAFETY MONTH

May is National Water Safety Month. When the weather starts to heat up, the pools, lakes, oceans, rivers and other bodies of water start calling! While swimming can be a very enjoyable activity this summer, it is important to remind all parents and caregivers of the importance of water safety. The YMCA of Greater Springfield is sharing these six tips on how children can stay safe in and around the water.



**Tip # 1:** Make sure children know to always ask permission before going in or near the water. Teaching your children to be water smart is the first step in water safety – be sure they understand the importance of asking permission before going in or near the water.



**Tip # 2:** Never swim alone without a water watcher. When children are swimming, make sure they are actively supervised at all times. Teach your children that they should only swim in locations where a lifeguard is on duty, or where a responsible adult agrees to watch the children in the water without distractions.



**Tip # 3:** Supervise your children whenever they're in or near water. Whether it's bath time or taking a dip in a pool or waterfront, make sure your children are within arm's reach at all times.



**Tip # 4:** Don't engage in breath holding activities. Both adults and children should not hold their breath for a prolonged amount of time while swimming, as this can be dangerous.



**Tip # 5:** Wear a life jacket. Inexperienced or non-swimmers should always wear a Coast Guard-approved life jacket while in or around the water.



**Tip # 6:** Don't jump in the water to save a friend who is struggling in deep water. If an adult or child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try and save them. Even if they are a great swimmer, a panicked person will overpower them, pulling the rescuer under water. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them, and pull them to safety. By using this technique, an adult or child can help their friend without compromising their own safety.

## FOSTER CARE MONTH – MAY

Exciting news! The Massachusetts Alliance of YMCAs has partnered with the Massachusetts Wonderfund Inc. to create opportunities for foster children across the Commonwealth.



This opportunity allows DCF foster children access to their local participating YMCA for one year at either no cost or a reduced fee based on the age of the foster child and the policies of the Y association. The foster parent must submit a copy of the letter from Wonderfund to be eligible for membership opportunities.

The YMCA of Greater Springfield is one of many Massachusetts YMCAs in this partnership and follows:

- Foster children (age 12+) will receive a Teen membership at no cost for one year.
- Foster families requiring a Family membership will receive a 25% discount for one year. Families requiring more than a 25% discount will be encouraged to apply for financial assistance.
- Foster parents with a foster child under age 12 who do not want a Family membership but would like the child to participate in fee-based programs such as swim lessons, will receive the member rate for programming for one year.

\*Please note that this offer is for DCF foster children living with DCF approved foster parents and is not yet available to Congregate Care facilities and IFC placements

## MENTAL HEALTH AWARENESS MONTH – MAY 2024

The YMCA of Greater Springfield is encouraging community members to care for themselves and others.



Mental health is how we think, feel and act. At the Y, we recognize that we all have mental health, and mental health is an important part of our overall health and social-emotional well-being, as well as a core component of our identity.

The Y supports the mental health of individuals and communities in all the work we do to help people reach their full potential—whether that’s teaching life skills to youth in our summer camps, supporting our staff, helping people achieve their best physical health or helping our neighbors. This type of non-clinical support is called “community care”.

Everyone can play a role in mental health community care. In honor of Mental Health Awareness Month, the Y encourages you to identify simple ways you can care for yourself and others, such as:

- Using your powers of observation to notice when someone may be struggling with a hard day, moment, or situation.
- Intentionally asking “how are you?” and encouraging honest answers so others can share and feel heard.
- Bringing empathy, compassion, and kindness to your daily interactions.
- When you notice someone struggling, connecting them to mental health resources like the National Suicide Prevention Lifeline (800-273-8255 or <https://suicidepreventionlifeline.org>).



# WHY THE Y – MEET DAN

For most early mornings for the last 20+ years, the fitness center at the Springfield Y has helped me navigate many of my physical, social, emotional, and stressful situations. It has been a wonderful and healthy way to “jump start” my day! I’m the guy in red. – **Dan G (age 78).**



# SUMMER FUN AT OUR YMCA CAMPS – REGISTRATION IS OPEN

Ages: 6-16 years old

The YMCA places children in groups according to age. Our summer programs and camps provide kids with various imaginative activities that make sure they have fun while making new friends, building self-confidence, and discovering the world around them.

Camps and Programs offer tons of fun activities that your kids are sure to love. Available activities vary by the programs to camp, but some of the more common activities include:

- Sports
- Swimming
- Ropes Course
- Arts & Crafts
- Mountain Biking
- Nature
- Archery

If you missed any of the information/registration sessions and would still like to sign up your child for summer camp, please visit our website [www.springfieldy.org](http://www.springfieldy.org) for information, forms, schedules and more.



## A GREAT SUMMER STARTS AT THE Y



**CAMP WEBER** (Ages 6-12)  
Dewey Street, West Springfield, MA

**STONY BROOK ACRES** (Ages 6-12)  
1004 Stony Hill Road, Wilbraham, Ma

**FUN CITY SUMMER DAY PROGRAM** (Ages 6-12)  
1500 Main Street, Springfield, MA

**SMALL FRY SUMMER DAY PROGRAM**  
(5 years old, Entering Kindergarten in September)  
1500 Main Street, Springfield, MA

**TEEN CAMP** (Ages 13-15)  
Dewey Street, West Springfield, MA

**SIGN UP FOR  
CAMP TODAY!**



[www.springfieldy.org](http://www.springfieldy.org) | 413.739.6955





# FOR A GOOD CAUSE

Would your company consider becoming a sponsor or a foursome for our YMCA of Greater Springfield 2024 Golf Classic, presented by Adam Quenneville Roofing and Siding, to be held September 23, 2024 at Twin Hills Country Club in East Longmeadow? Contact Donna Sittard, Development Director at [dsittard@springfieldy.org](mailto:dsittard@springfieldy.org)



## PRESENTED BY:



## SPONSORSHIP OPPORTUNITIES

### EAGLE SPONSOR \$5,000

- One Foursome including golf, cart, lunch, dinner, and welcome bag for four golfers
- Verbal Recognition at event
- Logo Recognition: Fall newsletter, social media, website, sponsorship board, and tee sign,
- Option to provide promotional item for welcome bag
- YMCA gift for four golfers

### BIRDIE SPONSOR \$3,000

- One Foursome including golf, cart, lunch, dinner, and welcome bag for four golfers
- Logo Recognition: Fall newsletter, social media, and tee sign
- Name Recognition: website, sponsorship board
- Option to provide promotional item for welcome bag

### GOLF CART SPONSOR \$2,100 (EXCLUSIVE)

- One Foursome including golf, cart, lunch, dinner, and welcome bag for four golfers
- Option to provide promotional item for welcome bag
- Logo Recognition: Social media, and each golf cart
- Name Recognition: Fall newsletter, website, sponsorship board

### FOURSOME \$1,600

- One Foursome including golf, cart, lunch, dinner, and welcome bag for four golfers
- Logo Recognition: tee sign
- Name Recognition: Fall newsletter, website, sponsorship board
- Option to provide promotional item for welcome bag

### SLIDESHOW SPONSOR \$1,000 (LIMITED 3)

- Sign with Logo displayed near Leader Board

### DINNER SPONSOR \$1,000 (LIMITED 3)

- Sign with Logo displayed at dinner
- Option to greet golfers at dinner
- Two dinner tickets

### LUNCH SPONSOR \$750 (LIMITED 3)

- Sign with Logo displayed at lunch
- Option to greet golfers at lunch
- Two lunch tickets

### LONGEST DRIVE SPONSOR \$500 (EXCLUSIVE)

- Sign with Logo on the course

### CLOSEST TO PIN SPONSOR \$500 (EXCLUSIVE)

- Sign with Logo on the course

### DRIVING RANGE SPONSOR \$500 (EXCLUSIVE)

- Sign with Logo on the Driving Range

### HOLE GREEN SPONSOR \$500 (EXCLUSIVE-EACH GREEN)

- Sign with Logo on the Green

### PUTTING GREEN SPONSOR \$250 (LIMITED 8)

- Sign with Logo on the Green

### TEE SPONSOR \$250

- Sign with Logo at the Tee

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



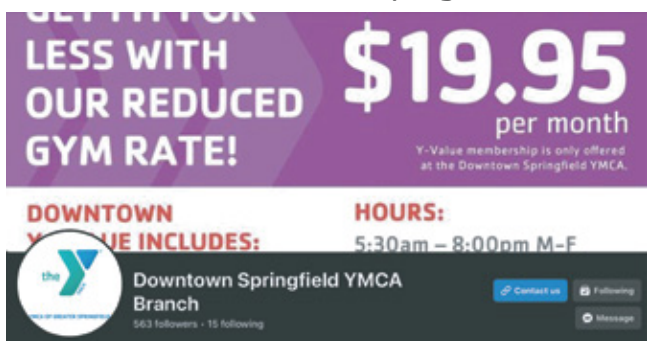
### Scantic Valley YMCA

[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/)

**X (TWITTER):** [twitter.com/YMCASpringfield](https://twitter.com/YMCASpringfield)

**Donna Sittard, Development Director**

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