



IMPACT NEWS

SEPTEMBER 2024 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITTARD, DEVELOPMENT DIRECTOR

A lot of people have gone further than they thought they could because someone else thought they could. - Anonymous

HAPPY BIRTHDAY SCANTIC VALLEY YMCA

This month, the Scantic Valley Y is recognizing 20 Years of Celebrating Community. The Scantic Valley YMCA is welcoming new members only with a two week trial membership September 13-22, 2024. Come see what the Y has to offer and how it fits for you.

Any questions, just call 413-596-2749.

Scantic Valley YMCA



COMMON WEALTH MURALS COMES TO THE YMCA TEEN CENTER

Last month, Common Wealth Murals and leading Artist, Britt Rue came to our North End Youth Center, home of our Y-AIM teen program. A free mural painting party, open to the community, was held in the building's gym. Protective flooring was placed, tables were laid out, painting supplies were provided, and community members came together to paint parts of the mural which will later be installed within the city of Springfield.

We are very happy to have provided the space for an incredible community project and cannot wait to see this mural among all the other beautiful murals in the city.



5 ACTION STEPS FOR HELPING SOMEONE IN EMOTIONAL PAIN FROM NIMH

Suicide is a major public health concern and a leading cause of death in the United States, according to the National Institute of Mental Health (NIMH). However, knowing the warning signs for suicide and knowing how to get help can help save a life. In honor of Suicide Prevention Month in September, the YMCA of Greater Springfield is encouraging community members to care for themselves and others.

Here are 5 action steps from the NIMH for helping someone in emotional pain.

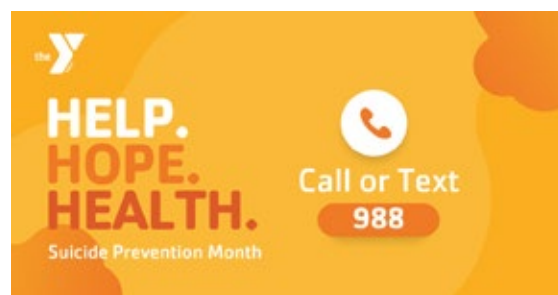
ASK: "Are you thinking about killing yourself?" It's not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

KEEP THEM SAFE: Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

BE THERE: Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.

HELP THEM CONNECT: Save the 988 Suicide & Crisis Lifeline number (call or text 988) and the Crisis Text Line number (741741) in your phone so they're there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

STAY CONNECTED: Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person. Learn more about suicide prevention at [nimh.nih.gov](https://www.nimh.nih.gov).



HISTORIA DEL MES DE LA HERENCIA HISPANA HISTORY OF HISPANIC HERITAGE MONTH



El Mes de la Herencia Hispana comienza el 15 de septiembre y se extiende hasta el 15 de octubre, dándonos la oportunidad de reconocer y honrar a los miembros de nuestras comunidades y sus antepasados que vinieron de México, partes del Caribe, Centroamérica, Sudamérica y España.

En lugar de comenzar a principios de septiembre, el Mes de la Herencia Hispana se celebra durante 30 días a partir del día 15, en honor a los aniversarios de la independencia nacional de varios países latinoamericanos como Costa Rica, El Salvador, Guatemala, Honduras y Nicaragua. La mayoría de las comunidades hispanas y latinas reconocen el 15 de septiembre como la fecha de su independencia; sin embargo, la independencia de México se celebra el 16 de septiembre y la de Chile el 18.

La historia del Mes de la Herencia Hispana se remonta a 1968, cuando solo se celebraba durante una semana. El presidente Lyndon B. Johnson firmó un proyecto de ley que establecía la semana del 15 de septiembre como la “Semana Nacional de la Herencia Hispana”. * Casi 20 años después, la Semana de la Herencia Hispana se extendió a un mes entero bajo el mandato del presidente Ronald Reagan.

Hispanic Heritage Month begins on September 15 and runs through October 15, giving us an opportunity to recognize and celebrate members of our communities and their ancestors who hail from Mexico, parts of the Caribbean, Central and South America and Spain.

Rather than starting at the beginning of September, Hispanic Heritage Month takes place over 30 days starting on the 15th — a nod to the anniversaries of national independence for a number of Latin American countries including Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Most of the Hispanic and Latino communities recognize September 15 as the date of their independence; however, Mexico’s independence is celebrated September 16 and Chile celebrates its independence September 18. Hispanic Heritage Month traces its history to 1968 when it was just a week-long observance. President Lyndon B. Johnson signed a bill designating the week of September 15 as “National Hispanic Heritage Week.” * It wasn’t until nearly 20 years later that Hispanic Heritage Week was lengthened to an entire month under President Ronald Reagan’s term.

WHY THE Y

"I like seeing familiar faces and community people here that I respect. I come to the Downtown Y to work out every day because it is a good way for me to keep up with a healthy habit." – Nathan



TEN OLDER ADULT FALLS MYTHS FROM THE NATIONAL COUNCIL ON AGING

Falls are the leading cause of injury related ER visits for older adults, the major cause of hip fractures and responsible for more than half of fatal head injuries. Below, the National Council on Aging shares 10 myths related to older adult falls.

After exploring these myths, the YMCA of Greater Springfield wants to remind you that we are here to help! Visit www.springfieldy.org for more info about our programs.

Myth 1: Falling happens to other people, not to me.
Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S



Read all 10 Myths >>>





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

PARTICIPANTS MUST BE ABLE TO:

- Walk from station to station
- Move from side to side
- Do aerobic exercises
- Lift free weights
- Perform exercises with verbal cues

PRE-REQUISITES:

1. Call for information and to register (413) 596-2749, x3107.
2. Medical clearance from a physician provided during registration.

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.

BECOME PART OF THE YMCA FAMILY

Don't just visit the Y, stay for a while! When you're a member of the YMCA, you're a member of a positive force in your community. There's no limit to the positive impact that you can make on your own life and the lives of others, from enjoying your health, engaging with friends and giving back to those in need—what you do with your membership is entirely up to you.

At the Y, we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.



Visit WWW.SPRINGFIELDY.ORG to find out more information.

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 to set things up.**



I.S.O. YOUNG PROFESSIONALS

The YMCA of Greater Springfield is 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.

NATION WIDE MEMBERSHIP

A membership at the YMCA of Greater Springfield not only let's you use our Downtown Springfield YMCA or our Scantic Valley YMCA, but it also let's you use a YMCA on the road.

As a Nationwide Member, you now have the added value of visiting Ys across the United States and Puerto Rico.



THERE ARE A FEW GUIDELINES TO KNOW AND FOLLOW WHEN YOU TRAVEL:

- Visit ymca.net before you travel to make sure the Y you intend to visit participates in Nationwide Membership. More than 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership.
- On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).
- If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to place your Home Y membership on hold or cancel it, and join the Y where you will be living for that time period. Please plan ahead, as it may take several weeks to place your account on hold.
- If you are a college student, you will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option or you can ask about the financial assistance program.
- Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- You will be asked to sign a waiver when visiting other YMCA locations. We offer Nationwide Membership because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities. We look forward to your visit and hope you enjoy being part of more YMCA communities.

GOT CLOTHES?

Do you have some clothes that you can't wear anymore, including the kids clothes they didn't fit back into for the school year? Go through your closets and dresser drawers. If you have some clothes that are clean and still in good condition, but you just don't wear them anymore or the kids have outgrown them, please consider donating them to the yellow collection bin at the Scantic Valley YMCA, 45 Post Office Park, Wilbraham. The YMCA receives money from every pound collected. As a non-profit organization, every donation helps. Over the last 4 months the Scantic Valley YMCA was able to raise over \$500 because of community donations.

Thank you!



HO HO HO

The YMCA of Greater Springfield at our Downtown Springfield YMCA each year invites Santa to visit our community, and he comes. We are already in the planning stages, and have been for a few months. Because he provides so many toys throughout the world, we try to help him out and ask our community to donate toys for his visit to the Y. Santa sees around 500 children each year right here at the YMCA. If you or your company would like to donate or host a toy drive to support Santa and the kids, please contact Kim Lavallee at KimLavallee@springfieldy.org



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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FACEBOOK: www.facebook.com/YMCAofGreaterSpringfield

INSTAGRAM: www.instagram.com/ymcaspringfield/

X (TWITTER): twitter.com/YMCASpringfield

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