



IMPACT NEWS

JANUARY & FEBRUARY 2025 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITARD, DEVELOPMENT DIRECTOR

It's stunning to me what kind of an impact even one person can have if they have the right passion, perspective and are able to align the interest of a great team.

- Steve Case

A MESSAGE OF THANKS

Big thanks to The-Villa Rose-Restaurant and everyone who ordered delicious food! Your support means the world to us at the YMCA of Greater Springfield Learning Centers.



WHY THE Y

I wanted to take a moment to express my gratitude and share my wonderful experience with the YMCA.

Since my daughter Catalina...began attending the daycare program at the YMCA when she was 2 years old, I have been amazed at her growth and development. She has blossomed into a talented, smart, respectful, and kind individual, and I know that much of her progress is due to the supportive and nurturing environment created by your incredible team.

The teachers have shown such dedication and care, fostering not only my daughter's education but also her character. Their encouragement and guidance have been truly inspiring. The entire staff is consistently friendly, approachable, and kind, creating an atmosphere where both children and parents feel valued and supported. The program has been instrumental development in helping her learn to write her name, count in Spanish, and even assist with potty training. The staff has gone above and beyond, even Celebrating birthdays with us making moments feel special and meaningful.

It's rare to find a program that combines such professionalism with a genuine sense of community, and I am so grateful to have found that at the YMCA. Thank you for all that you do to make this such a positive experience for families like mine.

With sincere appreciation, Carina Del Valle



THANK YOU TEDDY BEAR POOLS & SPAS

We are very grateful to Teddy Bear Pools & Spas for making a large donation to the YMCA of Greater Springfield toward our security system at our summer day camp, Camp Weber in West Springfield.

Camp Weber serves over 300-350 children daily where they enjoy swimming, high ropes, mountain biking, sports, arts & crafts, games, science, archery, and more across its beautiful 75 acres.

Thank you, Ted and Barbara Hebert, for your support and belief in the work the Y does for the children. Thank you for making an impact on the community.



THANK YOU FREEDOM CREDIT UNION

We would like to thank Freedom Credit Union for its donation to support the Total Body Parkinson's Program. It is for people with Parkinson's Disease (PD) providing activities that include Strength, Cardio, Cycling, Agility, Flexibility, and Balance as exercise has shown to slow the progression and manage symptoms of PD.

This class runs Wednesdays & Fridays 11:00am-11:45am. Please call 413-596-2749 x3107 for more information and to register.



AMERICAN HEART MONTH

Information from the American Heart Association



Heart Attack Symptoms

• CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

• DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

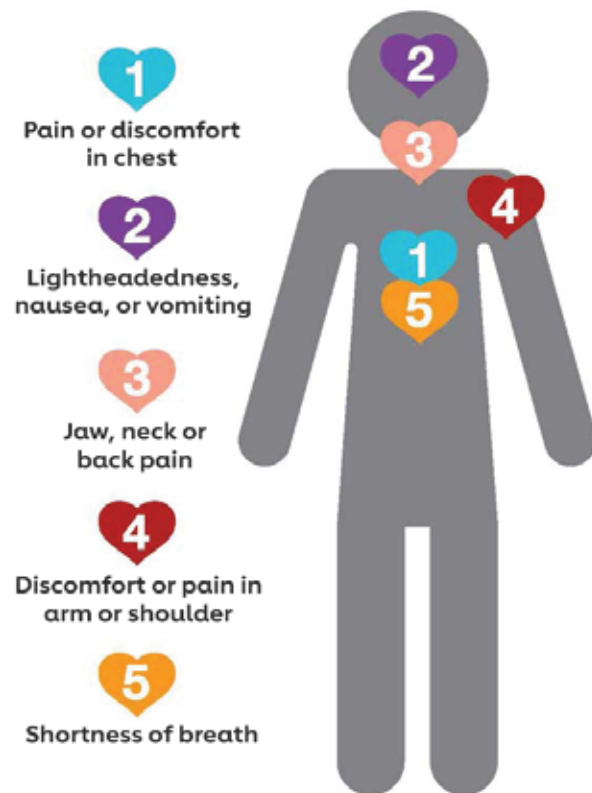
• SHORTNESS OF BREATH

with or without chest discomfort.

• OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheaded.

Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack)

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What if I'm recovering from a cardiac event or stroke?

- Some people are afraid to exercise after a heart attack or stroke. But regular physical activity can help reduce your chances of having another heart attack or stroke.
- The American Heart Association and American Stroke Association publish scientific statements that direct health care professionals to prescribe physical activity to heart and stroke patients since there is strong evidence that physical activity and exercise after a heart attack or stroke can improve cardiovascular fitness, walking ability and upper arm strength.
- If you've had a heart attack or stroke, talk with your health care professional before starting any exercise to be sure you're following a safe, effective physical activity program.

WEAR RED DAY

Join NHLBI (National Heart, Lung and Blood Institute) and the YMCA of Greater Springfield and wear the color red on Wear Red Day® on February 7TH, or any other Friday in February to bring greater attention to heart disease and stroke. Whether it is lipstick, a pair of pants, a shirt, bows in your hair or even a sticker, we hope to bring awareness to our community and make an impact. If you think you or someone you're with has any symptoms of a heart attack or stroke, call 911 immediately.

While we wear red for women, we are wearing red for everyone.



BLACK HISTORY MONTH

Carter G. Woodson created Negro History Week, now African American History Month, while residing at the Wabash YMCA during the 1910s.

[Scan the QR code to learn more >>>](#)



WE WEAR BLACK

YMCA's across the movement commit to being an anti-racist organization and honor Black History Month in a show of solidarity by wearing black on **Friday, February 28.**

Would you please join our YMCA by also wearing black that day?

FEBRUARY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

SANTA CLAUS CAME TO TOWN

This is our 11th visit from Santa and Mrs. Claus bringing toys and fun for the children and families in the community. This year, over 600 children were registered. We are so lucky to have so many volunteers who help out with this event and donors who brought in toys to help Santa and donations to buy toys, again, to help Santa. A special thank you to Toys for Tots for providing so many toys for the children and to Tower Square for being the venue of the event.



We would like to thank everyone who helped make this event possible including our members and program participants.

YMCA OF GREATER SPRINGFIELD PANCAKES WITH SANTA

MADE POSSIBLE BY:



Members
& Staff

The Santa
Committee

M&T Bank

PeoplesBank



Laura Louise,
AUTHOR

Morgan Stanley



RAYMOND JAMES



DJ Richie Blacks



THANK YOU!



VOLUNTEER OPPORTUNITIES FOR 2024

The YMCA of Greater Springfield has several volunteer opportunities including but not limited to:

VOLUNTEER

- Corporate Board and Committees
- Advisory Board: Downtown Springfield YMCA and Scantic Valley YMCA
- Special Events & Fundraisers
- Camp Clean Up & Camp Close Up
- Host a Toy Drive
- Participate in Trunk or Treat
- 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





SAVE THE DATE:

Monday, September 22, 2025 | 12:00pm Shotgun Start
Twin Hills Country Club, 700 Wolf Swamp Road, Longmeadow, MA

PRESENTED BY:



Sponsorship opportunities are available. For more information, please contact **Donna Sittard** at 413-739-6951 x3110 or dsittard@springfieldy.org



FOLLOW US!

FACEBOOK: www.facebook.com/YMCAofGreaterSpringfield

INSTAGRAM: www.instagram.com/ymcaspringfield/

X (TWITTER): twitter.com/YMCASpringfield

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.

SPRINGFIELDY.ORG

CONTACT INFORMATION

ASSOCIATION OFFICES

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