



# IMPACT NEWS

MARCH 2025 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



## DONNA SITTARD, DEVELOPMENT DIRECTOR

"A woman is like a tea bag; you never know how strong it is until it's in hot water."

~ Eleanor Roosevelt

## INFANT ROOM – SPRINGFIELD

BIG (and adorable) NEWS! Our Downtown Learning Center infant room is BACK—and cuter than ever! We're beyond excited to welcome our littlest learners once again. Abby Sanchez and her fantastic team worked their magic and we can't wait to create new memories together!



## NATIONAL NUTRITION MONTH

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics.



This year's theme is "Food Connects Us." Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

For more information visit: [www.eatright.org](http://www.eatright.org)

For resources visit: [www.eatright.org/national-nutrition-month/resources](http://www.eatright.org/national-nutrition-month/resources)

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## WHY THE Y

Meet Penny G. I started at the YMCA about eight months ago, with the goal of losing weight and improving my overall fitness.



I struggled to find a routine that worked for me, but from the moment I walked in, I felt welcomed and motivated. The staff is super friendly, and the trainers are knowledgeable and truly care about your progress. The gym itself has everything I need, from the top of the line equipment, a sauna and steam room for post recovery, to a variety of classes that keep things exciting. Since joining, I've lost about 25 pounds and gained muscle and strength, but more importantly, I've developed a consistent routine that fits my lifestyle.

I would highly recommend the YMCA to anyone looking to take their fitness journey to the next level.



Meet DJ. I joined the YMCA of Greater Springfield as a board member because I deeply value the positive impact it has on my community, especially through programs like the Learning Center in Wilbraham, where my three daughters are currently enrolled. As a parent, I've seen first hand the benefits the YMCA provides, not only in nurturing the growth and development of children but also in supporting families as a whole. I want to be part of a team that helps ensure these programs continue to thrive and expand, fostering a healthy, supportive environment for all members of the community. – DJ

## NATIONAL WOMEN'S HISTORY MONTH

“WASHINGTON, November 25, 2024 – Mail is probably not the first thing that comes to mind when you think of war, but ask any service member, and they’ll tell you how important mail call is to keeping troop morale high. During the darkest days of World War II in Great Britain and France, the women of the 6888th Central Postal Directory Battalion were tasked with ensuring troops received their letters and packages from back home.....

Upon arrival, the Six Triple Eight found warehouses filled with a backlog of about 18 million packages and pieces of mail. The buildings lacked sufficient heating and lighting. At this time, there were around 7 million American servicemen and civilian workers in the European theater, and they had become frustrated with not receiving their mail.

Keep reading  
by scanning  
the QR code.



## READ ACROSS AMERICA DAY MARCH 2

The YMCA of Greater Springfield celebrated Read Across America Day in our Early Learning Centers.



## ANNUAL CAMPAIGN KICKOFF

The YMCA of Greater Springfield celebrated its Annual Campaign Kickoff the first week of March, marking March 4 as YMCA Day of Giving established to encourage communities to give to their local Y.

Funds raised throughout the year help open the doors of the Y to the community through financial assistance for people who are unable to pay in full for programs and services, in addition to support the programs and services the Y provides. At the Y your dues pay to operate our facility, your gift will change lives.

**One way to make your impact on the community is to speak with our membership staff to donate or become a monthly donor or visit [www.springfieldy.org](http://www.springfieldy.org) to make an online donation.**

## SAVE THE DATE

### April 2 Wear Your Blue

Please join us on April 2 by wearing blue to bring awareness to and acceptance of Autism Awareness Day.

In 2007, the United Nations declared April 2 as World Autism Awareness Day. Light it up Blue became another way to bring awareness. You may have seen buildings change out their lighting to blue. We wear blue to bring awareness to Autism and keep the conversation going. It also shows individuals and families your support and that they are not alone.

From the Autism Speaks website [autismspeaks.org](http://autismspeaks.org), signs of autism at any age:

- Loss of previously acquired speech, babbling or social skills
- Avoidance of eye contact
- Persistent preference for solitude
- Difficulty understanding other people's feelings
- Delayed language development
- Persistent repetition of words or phrases (echolalia)
- Resistance to minor changes in routine or surroundings
- Restricted interests
- Repetitive behaviors (flapping, rocking, spinning, etc.)
- Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors



To learn more about the signs of autism and resources please visit: [autismspeaks.org/signs-autism](http://autismspeaks.org/signs-autism)

### April 11 Wear Your Red

Please join us on April 11 by wearing red to bring awareness to Parkinson's Disease.

According to Parkinson.org: "Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately the dopamine-producing ("dopaminergic") neurons in a specific area of the brain called substantia nigra.

#### SYMPTOMS

Symptoms generally develop slowly over years. The progression of symptoms is often a bit different from one person to another due to the diversity of the disease. People with PD may experience:

- Tremor, mainly at rest and described as pill rolling tremor in hands; other forms of tremor are possible
- Slowness and paucity of movement (called bradykinesia and hypokinesia)
- Limb stiffness (rigidity)
- Gait and balance problems (postural instability)



Keep reading by scanning the QR code.

## April 26 is Healthy Kids Day at the YMCA

We will have free programming at: Downtown Springfield, Learning Center, 1500 Main Street (Off Bridge St.) 413-739-6955, Scantic Valley YMCA, 45 Post Office Park, Wilbraham, 413-596-2749.



the **Y** YMCA

# HEALTHY KIDS DAY®

APRIL 26  
FREE TO THE PUBLIC!  
[ymca.org/hkd](http://ymca.org/hkd)

FIND A SAFE, HEALTHY & FUN SUMMER AT THE Y!

National Sponsor  
**PEANUTS**

## Wear Purple Day

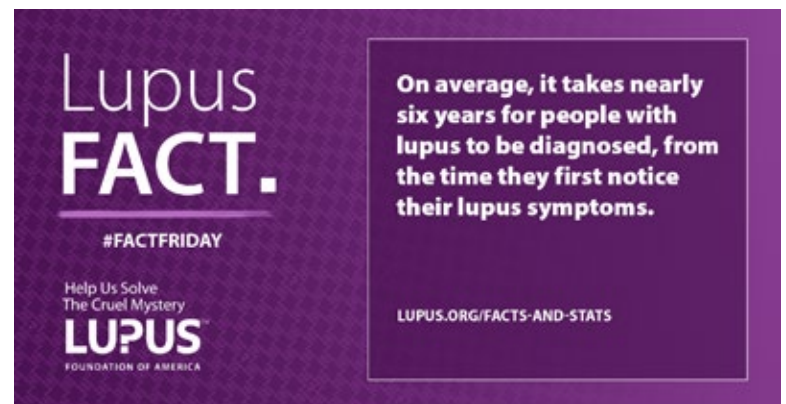
May 10 is World Lupus Day:

Bring Awareness with us on May 9 & 10 and wear Purple

According to Lupus.org, "living with an invisible illness like lupus can be isolating, and sometimes lead to judgment from others who don't exactly understand the daily struggles. Most symptoms of lupus aren't always readily visible, but on the inside, it can wreak havoc on your body, organs, and even cause emotional and mental strain.

Just because people can't see the pain, doesn't mean it's not there and potentially life-threatening."

Consider joining the Y by wearing Purple on May 9 & 10 to bring awareness to Lupus and World Lupus Day.



Lupus  
**FACT.**

#FACTFRIDAY

Help Us Solve  
The Cruel Mystery  
**LUPUS**  
FOUNDATION OF AMERICA

On average, it takes nearly six years for people with lupus to be diagnosed, from the time they first notice their lupus symptoms.

[LUPUS.ORG/FACTS-AND-STATS](http://LUPUS.ORG/FACTS-AND-STATS)

# Comedy Show **FUN**draiser

4.11.25 | 7PM (6PM Doors)

Join the Downtown Springfield  
YMCA for an unforgettable night  
of stand-up comedy with  
headliner Julio Diaz.


Each laugh supports  
the essential community  
programs at the YMCA  
of Greater Springfield.

Don't miss your chance to  
be part of this memorable  
evening at the Basketball  
Hall of Fame!



Featuring  
**Julio Diaz**

- › \$30 Per Person
- › Cash bar
- › Raffles
- › 21+ Comedy

 Basketball Hall of Fame  
100 Hall of Fame Ave, Springfield



**Buy tickets!**  
[springfieldy.org/haha](http://springfieldy.org/haha)



YMCA OF GREATER SPRINGFIELD



# FOLLOW US!

**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)

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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### DOWNTOWN SPRINGFIELD YMCA

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### SCANTIC VALLEY YMCA

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