



IMPACT NEWS

APRIL 2025 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITARD, DEVELOPMENT DIRECTOR

"In life you get what you put in. When you make a positive impact in someone else's life, you also make a positive impact in your own life." - MarcAndAngel

THANK YOU!

On behalf of the YMCA of Greater Springfield, thank you to everyone who has donated, thus far, to our Annual Campaign. When you give to the Y, you support critical programs and services for young people, adults and families who need them the most.

As the leading nonprofit organization dedicated to strengthening communities, the Y relies on the support of neighbors like you to enable us to fulfill our commitments.

YOUR DONATION HELPS US:



WHY THE Y

Meet Paul: Paul is a long-time Wilbraham resident and has been a member of the Scantic Valley Y for 6 years. As an active man and avid motorcyclist, Paul has led an adventurous life including a motorcycle run to Panama's Darien gap. His favorite bike being a '55 Harley.

When diagnosed with Parkinson's, Paul's neurologist told him "exercise is key". Which is why Paul comes to the Y's Parkinson's Total Body class twice weekly. When asked why he keeps coming, he says "it's the sociability" and he's fortunate to have made friendships with others in the program.



PARKINSON'S AWARENESS MONTH - APRIL

Parkinson's Awareness Month is Dedicated to bringing attention to the life-changing disease that affects one million Americans. As a community serving organization we would like to share with you that our YMCA has a Parkinson's Program. For more information and resources that may help you can visit

[Parkinson.org](https://www.parkinson.org)



WEAR YOUR RED

Please join us for one day in April 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

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.
springfieldy.org



YMCA OF GREATER SPRINGFIELD

THANK YOU PEOPLESBANK FOUNDATION



We would like to thank PeoplesBank Foundation and our friends at PeoplesBank for their continued support of the YMCA of Greater Springfield. Their financial support goes a long way in helping the Y serve its mission, focusing on Youth Development in the community in which we live and work. Also, we would like to thank PeoplesBank employees who volunteer each year to prepare for Santa's visit serving over 500 children each year. **Thank you to the foundation and our partners at PeoplesBank.**



THANK YOU M&T BANK FOUNDATION

We would like to thank M&T Bank Foundation for their generous donation in support of our Springfield before and after school programs and Learning Center. Their donation will support access to the Y and provide youth programming including early learning childcare, preschool with after school care, and before/after school programming for school age children. That means children from infancy to age 12 will be offered an environment where they can grow and thrive.

Thank you to the foundation and our partners at M&T Bank.



DOWNTOWN SPRINGFIELD YMCA



STEP
UP YOUR
HEALTH.
SIGN UP
TODAY!

JOIN OUR TOWER SQUARE MALL WALKING CLASS!

Stay Active • Stay Social • Stay Moving

THURSDAYS 4:30 PM — 5:15 PM

- Stay active in a safe, Climate-Controlled Space
- Perfect for All Fitness Levels
- Meet New Friends & Stay Social
- Boost Heart Health, Energy, & Mood

Stop by the desk at the Downtown
Springfield YMCA or call 413.739.6951.



NATIONAL VOLUNTEER MONTH – APRIL

The YMCA of Greater Springfield is looking for volunteers. Is your company looking for volunteer opportunities? We have them across our association throughout the year. As spring arrives, we will be cleaning up our two summer camps in Wilbraham and West Springfield and some other outdoor projects at other facilities. Please consider signing up in April as many of our outdoor projects begin the following month.



For more information on potential projects, please contact Donna Sittard at dsittard@springfield.org

GOT CLOTHS?

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!



EMPLOYMENT OPPORTUNITIES AT THE Y

Are you or someone you know
looking for a job full- or part-time?
Looking for summer
employment or all year?

Visit our website for
employment opportunities
and online application at
www.springfieldy.org



SAVE THE DATE

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 

HEALTHY KIDS DAY[®]

APRIL 26
FREE TO THE PUBLIC!
ymca.org/hkd

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

National Sponsor
PEANUTS

SAVE THE DATE

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 Lups 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

the **Y** YMCA OF GREATER SPRINGFIELD

DESIGNER PURSE

5.9.25 **BINGO**
6-9 PM **NIGHT**

• 10 GAMES • 10 DESIGNER BAGS • RAFFLES

RESERVE YOUR TICKETS!
[SPRINGFIELDY.ORG/BINGO](http://springfieldy.org/bingo)
OR CALL: 413.739.6951
\$35 PER PERSON (\$40 AT THE DOOR)

FREE PARKING!

CENTER COURT
1500 MAIN STREET
SPRINGFIELD, MA

FOOD AVAILABLE FOR PURCHASE AT WHITE LION

MADE POSSIBLE BY: PeoplesBank

BINGO					BINGO				
13	51	48	35	1	2	2	15	9	
4	8	67	5	17		55	43	12	
62	3	★	23	42		★	76	61	
30	38	20	11	67		3	81	94	
52	14	46	39	12		83	18	22	



YMCA OF GREATER SPRINGFIELD 2025 GOLF CLASSIC

Monday, September 22, 2025

Twin Hills Country Club
700 Wolf Swamp Road, Longmeadow, MA

SETTING THE COURSE FORE A STRONGER COMMUNITY



This is Zenaye at the Fun City camp program. Her favorite things about camp are the "field trips and the activities because we can switch rooms". Her favorite staff are Tyina, Missy and Angel aka Pompi.



Meet Naiyah, Alayanh, Ben, and McKinley. They shared that they like making new friends and swimming in the pool at camp. They were all in agreement that the pool is "refreshing" on a hot day, and it lets them cool off.

The mission of the YMCA of Greater Springfield is to serve the human needs in greater Springfield by providing programs that promote lifelong personal growth and the balanced development of spirit, mind and body for all.

The YMCA places a focus on Youth Development, Healthy Living and Social Responsibility.

EVENT SCHEDULE MONDAY, SEPT. 22, 2025

- 10:00am Registration
- 11:00am Luncheon
- 12:00pm Shotgun Start
- 5:00pm Dinner

PRESENTED BY:



YMCA OF GREATER SPRINGFIELD GOLF CLASSIC

SEPTEMBER 22, 2025 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, tee sign, and sponsorship board
- Name Recognition: website, sponsorship board
- Option to provide promotional item for welcome bag

GOLF CART SPONSOR \$2,100 (EXCLUSIVE) **SOLD**

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

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

CHIPPING GREEN SPONSOR \$250 (LIMITED 8)

- Sign with Logo on the Chipping Green

PUTTING GREEN SPONSOR \$250 (LIMITED 8)

- Sign with Logo on the Putting Green

TEE SPONSOR \$250

- Sign with Logo at the Tee



CORPORATE BOARD

Scott M. Berg - Springfield Museums
 Tom Creed - TD Bank
 John Doleva - Naismith Memorial Basketball Hall of Fame
 Daniel Flynn - Liberty Bank
 Russel Fontaine - Country Bank
 Maria Gulluni - ISO New England, Inc.
 Sam Hammer - Rush Insurance

Lisa Harty - Bulkeley Richardson
 Daryl Johnson - Fitzgerald Law
 Kimberly Kennison - State of CT
 Ronald C. Kidd - Pellegrini, Seeley, Ryan & Blakesley
 Ted Noonan - Noonan Energy Corporation
 Michael S. Ostrowski - Arrha Credit Union
 Michael Rouette - Monson Savings Bank

GOLF COMMITTEE

Morgan Bennett - Adam Quenneville Rooting & Siding
 Michael S. Ostrowski - Arrha Credit Union
 Michael Rouette - Monson Savings Bank
 John Doleva - Naismith Memorial Basketball Hall of Fame
 Ted Noonan - Noonan Energy
 Sam Hammer - Rush Insurance
 Ryan Brassard - Teed Capital Management of Raymond James

YMCA OF GREATER SPRINGFIELD 2025 GOLF CLASSIC

Monday, September 22, 2025

Twin Hills Country Club
700 Wolf Swamp Road, Longmeadow, MA

SPONSOR REGISTRATION FORM

Please join us to help allow everyone access to the YMCA whether it's for providing early learning opportunities to our youngest community members, keeping children safe and nurtured after school, providing adventurous summer camp experiences, mentoring and tutoring teens, helping put families on the track towards healthy living, providing a social outlet for members of our community or providing support for the community's need during difficult times.

SPONSORSHIP

LEVELS

- Eagle Sponsor..... \$ 5,000
- Birdie Sponsor \$ 3,000
- Golf Cart Sponsor **SOLD**.....\$2,100
- Foursome.....\$ 1,600
- Slideshow Sponsor \$ 1,000
- Dinner Sponsor \$ 1,000
- Lunch Sponsor\$ 750
- Longest Drive Sponsor\$ 500
- Closest to Pin Sponsor\$ 500
- Driving Range Sponsor\$ 500
- Hole Green Sponsor\$ 500
- Putting Green Sponsor\$ 250
- Chipping Green Sponsor\$ 250
- Tee Sponsor\$ 250

I am proud to support The 2025 YMCA of Greater Springfield Golf Classic. Please accept my payment of \$_____.

SPONSOR

Name: _____
 Title: _____
 Company: _____
 Address: _____
 City/State/Zip Code: _____
 Phone: _____
 Email: _____

FORM OF PAYMENT

Check: Please make check payable to YMCA of Greater Springfield (memo: golf 205)

Credit Card ___Master Card ___ Visa ___ AMX ___ Discover

Card #: _____

Expiration date: _____ Security Code: _____

Signature: _____ Date: _____

PLAYER REGISTRATION FORM

(Please Submit by September 8, 2025.)

Please submit PDF logo artwork by August 25, 2025.

PLAYER 1 (TEAM CAPTAIN)

Name: _____
 Address: _____
 City/State/Zip Code _____
 Phone: _____
 Email: _____

PLAYER 2

Name: _____
 Address: _____
 City/State/Zip Code _____
 Phone: _____
 Email: _____

PLAYER 3

Name: _____
 Address: _____
 City/State/Zip Code _____
 Phone: _____
 Email: _____

PLAYER 4

Name: _____
 Address: _____
 City/State/Zip Code _____
 Phone: _____
 Email: _____

Please mail/email completed form, payment and applicable artwork to: Donna Sittard, Development Director
 Email: dsittard@springfieldy.org

YMCA of Greater Springfield
 P.O. Box 15329
 Springfield, MA 01115-5329
 Phone: 413-739-6951 x3110
 Email: 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

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

Donna Sittard, Development Director

dsittard@springfieldy.org | 413-739-6951 (x3110)