



# IMPACT NEWS

MAY 2025 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



## DONNA SITTARD, DEVELOPMENT DIRECTOR

"A single act of kindness can create an endless ripple of positivity." -Anonymous

## MEMORIAL DAY

MAY 26

In memory of many,  
in honor of all. On this  
Memorial Day, we express  
our gratitude and say  
thank you. [#MemorialDay](#)



## LIBERTY BANK SUPPORTS BEFORE & AFTER SCHOOL PROGRAM

Once again, our friends at Liberty Bank Foundation have stepped up to support our before and after school program. We have sites in Wilbraham, Hampden, Chicopee, and Springfield. Their generosity helps us to meet the needs of the families' looking for childcare after school where we engage the children with fun activities, homework help, STEM Projects, literacy engagement, arts & crafts, a healthy snack, and so much more.

If you have questions about having your child attend one of our before/after school sites or would like to see the YMCA in your school, please contact our Youth Development Department at 413-739-6955 and visit [springfieldy.org](http://springfieldy.org) to learn more.



## REGISTER FOR SUMMER CAMP

Don't forget to register for summer camp!



## CORPORATE PARTNER GOLD RECOGNITION

Congratulations to our newest Corporate Partners – Gold: Country Bank, Liberty Bank, and PeoplesBank for all your support in various ways to our YMCA and making an impact!

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.

Corporate Partner Gold Benefits include reaching a new audience of the YMCA, positive impact on company image, providing community support, volunteer opportunities, ambassador opportunities, recognition to the general public and your customers, visibility opportunities through sponsorships, boost employee morale, benefits based on the giving level, participate in a Corporate Partner Day at our YMCA, logo recognition on our website, social media, annual meeting, newsletter announcement, and branch tv.



## OLDER AMERICANS MONTH

It's Older Americans Month and this May we will be sharing tips from the Administration for Community Living on how to find fulfillment by paving our own paths as we age, always staying safe. The Y is here to help you on this journey.

**Tip #1:** Embrace the opportunity to change. Find a new passion, go on an adventure and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy and energy.

**Tip #2:** Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes and creative activities.

**Tip #3:** Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs and taking part in activities at your local senior center or elsewhere in the community.

**Tip #4:** Form relationships. As an essential ingredient of health and wellness, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends and community members.

The YMCA of Greater Springfield offers many opportunities for older adults to try new things, continue to grow, volunteer and mentor, and create meaningful friendships! For more info, visit [springfieldy.org](https://springfieldy.org).

#OlderAmericansMonth





## MENTAL HEALTH AWARENESS MONTH

In honor of Mental Health Awareness Month in May, 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.

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 [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)).



SUPPORT THE  
**MENTAL  
HEALTH**  
OF OUR COMMUNITY  
**#WeAllHaveMentalHealth**

# NATIONAL WATER SAFETY MONTH


May is National Water Safety Month. Here are some tips we wanted to share.



the **Y**

**TIP #1**  
Make sure children know to always ask permission before going in or near the water.

NATIONAL WATER SAFETY MONTH



the **Y**

**TIP #2**  
Never swim alone without a water watcher.

NATIONAL WATER SAFETY MONTH



the **Y**

**TIP #3**  
Supervise your children whenever they're in or near water.

NATIONAL WATER SAFETY MONTH



the **Y**

**TIP #4**  
Don't engage in breath holding activities.

NATIONAL WATER SAFETY MONTH



the **Y**

**TIP #5**  
Wear a life jacket.

NATIONAL WATER SAFETY MONTH



the **Y**

**TIP #6**  
Don't jump in the water to save a friend who is struggling in deep water.

NATIONAL WATER SAFETY MONTH



## NATIONAL TEEN SELF-ESTEEM MONTH

Teens undergo significant changes that are heavily influenced by their surroundings, from family resources to community support. Today's youth face unique challenges, including social media pressures and polarized social discourse. This Teen Self-Esteem month, the YMCA of Greater Springfield invites you to learn more about Y-AIM, designed to provide a safe, supportive space for teens in our community. To learn more, visit [springfieldy.org/y-aim/](https://springfieldy.org/y-aim/)



## WHY THE Y

Meets some folks in the Gentle Joints class Mondays and Tuesdays at 12:15pm



I have found Scantic's warm water classes to be socially welcoming, professionally run, and therapeutic. When I don't come, I feel it in my joints! --Michael R

I enjoy all the classes, the instructors, and the people. I have made a lot of friends here. The Y and its programs have helped me with various health issues. -- Mary K

When I joined the Y four years ago, I could not get into the pool without a wheelchair and had to hang onto the sides of the pool to participate in class. Now I use a walker to get in and I can do all the exercises without hanging on. The pool classes have made a huge difference in my life. -- Denise D

## CHECK OUT THE TAI CHI

Dan teaches various styles of Tai Chi at the Scantic Valley YMCA, a safe and easy to learn practice incorporating slow and controlled movements to promote relaxation and improve balance.



### Tai Chi for Energy: Tuesdays 5:30 PM

Improve your internal energy and ability to handle stress with the Chen style of Tai Chi. Chen style uses the principle of spiral movement to generate energy with relaxing slow movements of Tai Chi.

### Tai Chi: Thursdays 10:30 AM | Active Tai Chi: Fridays 5:30 PM

A safe and easy to learn practice based on the Sun style of Tai Chi incorporating slow and controlled movements to promote relaxation and improve balance. Suitable for all levels with active Tai Chi providing appropriate progressions.

## FOUNDER'S DAY – JUNE 6

On June 6, 1844, Sir George Williams, together with 11 Christian young men, established the first YMCA in London. From a small space above a drapery shop in St Paul's Churchyard, YMCA has become an international youth movement, present in 120 countries and reaching more than 65 million people regardless of gender, religion or socio-economic background.

The YMCA of Greater Springfield was established on May 3, 1852. We currently have two YMCA facilities: Downtown Springfield YMCA at Tower Square, and the Scantic Valley YMCA in Wilbraham. We run two Learning Centers ages infancy–Preschool age 5 also in Springfield and Wilbraham. The Y runs a free teen program at our Youth Center in Springfield's North End. There is a before and after school program at Tower Square in Springfield, in addition to 8 school sites in the community. During the summer, we run a summer program at Tower Square as well as two day camp grounds; one in West Springfield (transportation from Springfield) and the other in Wilbraham.

For more information about the YMCA of Greater Springfield, please visit our website [springfieldy.org](http://springfieldy.org).







YMCA OF GREATER SPRINGFIELD

# DESIGNER PURSE

# 5.9.25 BINGO NIGHT

# 6-9 PM

RESERVE YOUR TICKETS!

[SPRINGFIELD.ORG/BINGO](https://springfield.org/bingo)

OR CALL: 413.739.6951

\$35 PER PERSON (\$40 AT THE DOOR)



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# 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

Tower Square | 1500 Main Street, Suite 256  
Springfield, MA 01115

### DOWNTOWN SPRINGFIELD YMCA

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P: 413.739.6951

### SCANTIC VALLEY YMCA

45 Post Office Park, Wilbraham, MA 01095  
P: 413.596.2749

### Donna Sittard, Development Director

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