

HOME LIFE COMMUNITY SERVICE PROGRAM SUPPLEMENT 2018-2020

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Helping Hands Program:

- Storycatchers Volunteer Program, thestorycatchers.com; 717-891-1557; bradybeeler@comcast.net; volunteer writes the patient's story and returns it within 24 hours.
- Diabetes Foundation Inc., www.diabetesfoundationinc.org, info@diabetesfoundationinc.org; 201-444-0337. DFI provides medical assistance, patient support services, education and diabetes camp scholarships to people with diabetes throughout NJ. Organize an event which will include offering blood glucose screening and provide nutrition educators, fitness experts and certified diabetes educators. Contact Ginine Cilenti, Executive Director, for questions or project ideas
- NAMI NJ -National Alliance on Mental Illness provides support, education, and advocacy to foster understanding and confront stigma. Utilize the speakers' bureau on topics such as suicide, depression and bullying. www.naminj.org, 732-940-0991,
- Community Food Bank of NJ, www.cfbnj.org; 31 Evans Terminal, Hillside, NJ 07205 908-355-food (3663) its affiliates or local food pantries/soup kitchens - contact these agencies and identify volunteer activities (i.e., stuffing envelopes, stocking shelves, donate food).
- Displaced Homemakers Network of New Jersey Inc, www.dhnj.org, P.O. Box 342, Jamesburg, NJ 08331 or call Women's Referral Center 800-322-8092. A non-profit advocating for needs of Displaced Homemaker's Centers and the women they serve. Donate supplies, equipment and household items through "wish lists" and holiday events. See website for location nearest you.
- Canine Companions for Independence – Support CCI through volunteer opportunities, fundraising and community awareness events. Visit www.caninecompanions.org
- Autism New Jersey- promote and support Autism NJ-autismnj.org, 609-588-8200 or other autism organizations
- Contact your local Habitat for Humanity affiliate to assist in building houses, providing meals for workers, or provide a "shower" with gifts for new residences. <https://www.habitat.org> Consider a financial donation, where \$10 = Box of Nails, \$35 = Roof Shingles, \$50 = Low Flow Toilet, \$75 = Window, \$100 = Kitchen Sink, etc. Support the ReStores through donations of materials or purchasing items.
- Take books and read to residents of nursing homes and shut-ins. Collect personal items for the residents.

Busy Fingers:

- Warm Up America, www.warmupamerica.com, 3740 N. Josey Lane, Suite 152, Carrollton TX 75007; 972-325-7232; Afghans are made from knitted or crocheted 7"x9" rectangles. The Afghans are distributed through social and governmental agencies or clubs may distribute Afghans in their own community.
- Local hospitals and shelters are looking for baby hats, as well baby blankets and booties.
- Make lap robes, bed socks, and tray favors for local nursing homes. Hold birthday parties, bingo nights, or other activities.

Let's Cook:

- Meals-on-Wheels/Senior Meals Programs www.mealsonwheelsamerica.org; Make Blizzard Bags for local senior and shut-ins. These meals in a bag can be used when winter weather prevents Meals-on-Wheels deliveries or makes individual travel difficult. Volunteer to distribute meals and/or groceries to people with disabilities who are unable to shop.
- Operation Cookie/Candy – distribute cookies and candy to the needy, the elderly, and those in shelters. Homemade cookies must not be made with butter or lard. Deliver to institutions, nursing homes, adult day care facilities, soup kitchens, ARC schools, the homebound, etc. Include a card or label noting NJSFWC and your club's name. For security reasons, all cookies and candies given to veteran's hospitals must be commercially packaged.

Let's Collect:

- Developmental Center: (856) 696-6055 or 6000, 1676 E. Landis Ave., Vineland, 08362-1513. Adopt a resident; provide lap robes, mittens, ditty bags, jewelry, large bibs, birthday and holiday gifts, wrapping paper, ribbon and nail care products
- New Eyes for the Needy – www.new-eyes.org collects used eyeglasses, hearing aids and old jewelry. Contact Jean Gajano, Executive Director – at (973) 376-4903, 549 Millburn Ave., P.O. Box 332, Short Hills, NJ 07078.

- Ronald McDonald House – South NJ www.ronaldhouse-snj.org; for more information email: info@ronaldhouse-snj.org; or call (856) 966-4663. Central NJ www.rmh-cnj.org or call Long Branch (732) 222-8755 or New Brunswick (732) 249-1222. Save your ALUMINUM TABS from soda/beer cans (Tabs should not be attracted to a magnet.) Weigh the tabs and take them to a recycling center or scrap metal yard that you can locate in the Yellow Pages, and send the proceeds directly to NJSFWC Headquarters earmarked Ronald McDonald House. Tabs may also be delivered directly to the Ronald McDonald House or to Headquarters. Volunteer to provide monthly birthday parties, assist in the office or fill other needs.
- Mothers Matter- <http://www.laurenslegacy.org>; 3 McClure Dr., Sewell, NJ 08080; Collect women's health and beauty care products for distribution to special and needy women for Mother's Day.
- Contact Easter Seals to support early childhood development programs in the community. Visit www.easterseals.com.
- Support programs that engage children after school (i.e., scouting, 4-H).
- Ask local dry cleaners for any abandoned gowns and donate them to the local high school at prom time.

Focus on Health:

- Educate the women in your community and members about Heart Disease.
 - Learn about the symptoms that are particular to women and encourage members to “know your numbers”. (Focus on Health Program)
 - Visit www.goredforwomen.org for more information and sign up for free Red Dress pin.
 - Support National Wear Red Day, celebrated annually on the first Friday in February.
 - Plan special activities during the month of February (Heart Month) to highlight Women's Heart Health. Contact the NJ based Women's Heart Foundation www.womensheart.org or 609- 771-9600 for more information.
 - Visit www.nhlbi.nih.gov/health/educational/hearttruth to access information on The Heart Truth, a national education program for women that raises awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease; contact Ann Taubeheim 202-729-4263 or taubenha@mhlbi.nih.gov.
- Get the facts about Gynecologic Cancer Campaign at www.cdc.gov/cancer/knowledge. Contact Asia Romero, Communications Agency Representative @ 202-729-4288, email her at Asia.Romero@ogilvy.com or contact Cynthia Gelb, Campaign Director@cgelb@cdc.gov. Order free material through the campaign's online publication ordering system www.CDC.gov/pubs/dcpc1.aspx.
- Breast Cancer Education – Continue stressing the importance of breast self-examination and Mammograms. Contact American Cancer Society at www.Cancer.org for ways to volunteer, and for free brochures.
- Strong Voices for Strong Bones: Become part of the thousands of Strong Voices for Strong Bones in the fight against osteoporosis. Stay up-to-date on the latest bone health and osteoporosis policy, news and ways to make your voice heard. Learn more from the National Osteoporosis Foundation at www.NOOF.org/advocacy. National Osteoporosis month is May.
- Raise awareness of Ovarian Cancer. Ovarian Cancer is a deadly disease due to the fact that the silent symptoms are not recognized until the disease has already spread and advanced. Distribute risk and symptom literature at health fairs, women's groups, local grocery stores. Libraries and bookstores are great places to handout risk and symptom bookmarks. Contact National Ovarian Cancer Center for the NOCC's risk and symptom cards or bookmarkers at no cost, contact 1-888-OVARIAN (1-888-682-7426) or email us at nocc@ovarian.org; 3800 Maple Ave., Suite 435, Dallas TX 75219

Focus on Financial Issues:

- Advise your members how easy it is to get a FREE annual Credit Report www.annualcreditreport.com.
- Verify BEFORE making a donation contact: www.guidestar.org. Write: Guidestar, 408 Courthouse Street, Suite 220, Williamsburg, VA 23188, 757- 229-4631 or Charity Navigator www.charitynavigator.org, 139 Harristown Rd., Suite 101, Glen Rock NJ 07452; 201- 818-1288, Fax: 201-818-4694.
- Women's Institute for Financial Education www.wife.org. Plan a club program on retirement planning and social security benefits www.ssa.gov or 1-800-772-1213
- To learn about identity theft and “phishing” -Go to www.fraud.org, or 800-876-7060, a project of the National Consumers League; 1701 K St. NW, Washington DC 20006; 202-835-3323 or the National Association of Financial Planners; info @napfa.org. www.ftc.gov/bcp/edu/microsites/idtheft/ Deter, Detect, Defend, Avoid ID Theft – This website is a one-stop national resource to learn about the crime of identity theft.

Review the 2018-2020 GFWC Club Manual – Home Life for additional project ideas and resources.