



# HOME LIFE

COMMUNITY SERVICE PROGRAM

## MARCH NEWSLETTER 2020

I'm super excited to start receiving Award Entries! I have received four already! I'm grateful for GFWC Clubs and how we dedicate ourselves to community improvement by enhancing the lives of others through volunteer service.

March 15<sup>th</sup> is the deadline to email or mail your award entries to me at [mrschefdjf@aol.com](mailto:mrschefdjf@aol.com), or

Carolyn Forbes  
1591 Autumn Moon Lane  
Magnolia, Delaware 19962

March 16<sup>th</sup> is... "Everything You Do is Right Day"

Everything You Do is Right Day just might be a perfect day. Life is filled with ups and downs. Some days are good days. Some days are bad days.

Most often, there's both good and bad in any given day. You take life's ups and downs with a grain of salt. Every once in a while, a day comes along where everything you do goes well....the perfect day! I'm sure you're ecstatic that today has finally arrived. To get this great day, you must have emailed or mailed your award entries.

Pat yourself on the back and enjoy the day.

Here are some more March holidays to share with your members:

**March 9<sup>th</sup>-National Napping Day** is an observance created to raise awareness of the health benefits of taking a nap. Even a short 20 minutes of sleep during the day can significantly increase your energy for the rest of the day.

**March 12<sup>th</sup> –World Kidney Day** seeks to raise awareness of the importance of kidneys to overall human health and inform the world about ways to prevent kidney disease.

1. Drink plenty of water; 6-8 cups daily
2. Stop smoking. Smoking reduces the flow of blood to the kidneys, which in turn can cause them to operate inefficiently. Smoking also increases the risk of developing kidney cancer by 50%.

**March 24<sup>th</sup> -Tea for Two Tuesday** is established for two or more people to enjoy a cup of tea together. Tea is a very relaxing beverage. And, how much more pleasant it is when it is enjoyed with others. Encourage members to visit the local senior centers, women's shelters and have tea and fellowship with residents. Books, puzzles and games are good gifts to bring and share.



Brock graduated last month. He was placed as a Facility Dog with Rebeka Beresh, an assistant prosecuting attorney with the Seneca County Prosecutor's Office in Ohio. Brock is helping with victims or witnesses of a crime when they come to the office for filing protection orders, trial preparation and case reviews. He is utilized to help prosecutors connect and build rapport, especially with children, by working as a comfort as well as distraction for them so they can share their story. Using the commands for retrieving, tugging, pushing and interactive commands allows the children to speak up by giving or saying commands and having a dog follow them. Giving them the "power of demands".

Carolyn Forbes, GFWC Home Life Chairman  
Living the Volunteer Spirit

As always, do not hesitate to email or call me if you have any questions  
mrschefdjf@aol.com 1-302-222-6468