



# HOME LIFE

COMMUNITY SERVICE PROGRAM

## APRIL NEWSLETTER 2020

**It's that time of year again!**

**I would like to thank all of you who sent in your award entry reports. It touches my heart to read about the projects you have put forth to help your communities.**

As the COVID-19 virus continues to affect the way we live, work and interact here are a few health tips to share with your club members.

1. Cough and sneeze into your elbow, instead of your hands.
2. Wash hands for at least 20 seconds.
3. Disinfect hard surfaces and objects with an EPA registered disinfectant.
4. Stay home and practice some rest and self-care.
5. If you do need to leave the house practice social distancing to help slow the spread of germs.

Public health and our economy are truly on the line. The White House Task Force, along with state and local governments, has done and is doing a great job fighting this invisible enemy. It is important that all of us stay informed and cooperate. We must maintain an attitude of gratitude for the services that our first responders, doctors and nurses are performing while putting their lives at risk every day.

This time of uncertainty has created stress for everyone. Sometimes stress can lead us to respond in unhelpful ways. By responding to stress in more proactive ways, we can find a sense of balance and stay on track to better care for ourselves and others.

Try one of these suggestions to help ease the stress this month and in the months to come:

1. Breathe in (and out). Staying centered and present can do wonders for a worried mind.
2. Shift your perspective. Write down three things you're grateful for, no matter how small they might seem.
3. Help others. It's a great way to find purpose during these challenging times. Check in on an elderly neighbor.
4. Get fresh air. It has tons of benefits, including reducing stress. If you can't step outside for a moment, prop open a window and move your chair near it.
5. Start journaling. Feeling all these feelings during this time is normal. Writing can help process your thoughts and clear your head.
6. Spring is the perfect time to reorganize your home and deep clean those things we often forget. Imagine how good you'll feel once it's finished.

### **Be safe at home, work and play**

More than 250,000 Americans are estimated to be living with a spinal cord injury. Around 11,000 injuries occur every year. Here are a few safety tips to share with members to help reduce your chance of injury:

- Keep telephone and electric cords out of the flow of traffic.
- Equip your bathtub or shower with nonskid mats, abrasive strips and grab bars.
- Always wear your seatbelt.
- Install nonskid strips on stairs.
- Make sure that all stairs are well lit and have handrails.

## April is World Autism Awareness Month

For local business owners this is of particular interest as attention to detail is a trait that is highly valued in employees. Did you know that adults with autism make excellent employees? They tend to be conscientious, value structure, and look at things a little differently than neuro-typical individuals. They are often artists, engineers, and mathematicians. People with autism can be hyper-focused and extremely driven to learn extensively on the topic at hand. If channeled properly, these can be a very valuable traits in their lives and bring a deep sense of enrichment not only to the individual, but also to those around them. As a gentle reminder, people on the spectrum generally prefer not to be touched so always ask before you make physical contact.

All children enjoy crafts, and special needs children often find a great deal of joy in hands-on projects. By saving your holiday cards, and gathering some other craft supplies such as card stock, glue sticks, and construction paper, your holiday cheer can be repurposed into fun projects for the children. Collect supplies and donate them to a school with special needs kids to help both teacher and students, as teachers often pay for many materials out of pocket in order to supplement their classroom needs.

## April 23<sup>rd</sup> National Zucchini Day

National Zucchini Day is a day to enjoy this day with chocolate zucchini muffins.

1 ½ cup sugar	½ cup brown sugar
½ cup vegetable oil	3 large eggs
2 tsp. vanilla extract	2 ½ cup all-purpose flour
½ cup unsweetened dark cocoa powder (I use Hershey's Special Dark)	
1 tsp. salt	1 cup semi-sweet chocolate chips
1 tsp. baking soda	½ cup mini milk chocolate chips
1 tsp. cinnamon	2 cups grated zucchini-drained

Preheat oven to 350° and spray muffin pans with a non-stick spray. In a large bowl with an electric mixer, beat together the sugars, oil, eggs and vanilla until thoroughly combined.

Sift together the flour, cocoa powder, salt, baking soda and cinnamon. Gradually add the dry mixture into the sugar mixture and mix until combined.

Fold in zucchini, stir in semi-sweet chips and distribute batter amongst the prepared 24 muffin wells. Sprinkle the mini chips on top and bake 18-22 minutes until a toothpick comes out clean.

Bake extra batches to share with shut-in neighbors, a homeless shelter, or your local women's shelter.

### May 2<sup>nd</sup> National Scurvy Awareness Day

You're forgiven if you let it slip on you. It's not the most celebrated or well-known day. The sickness is caused by a Vitamin C deficiency. Oranges, limes, and other citrus fruits, guava, yellow peppers, black currants, spinach, kale, and gold kiwifruit, are a few good sources of Vitamin C.

### Service Dog Heroes in a Time of Need



I'd like to introduce you to Wynn! This little lady is a service dog in training in Denver, helping to add a little comfort and cheer to the emergency medical staff on the front lines of Rose Medical Center. Her trainer, Susan Ryan (pictured here), is an emergency physician at the hospital. Hospital staff is under a lot of stress. They struggle to keep it all together as the war wages on. Wynn provides a much needed light in the darkness for many of these everyday heroes. She's currently in training to

become an assistance dog for Canine Companions for Independence but for today she's saving the medical staff, one cuddle at a time. Before you get too concerned, all of Wynn's snugglers make sure to wash up thoroughly before they go in to see her!

I look forward to seeing all of you in Atlanta, Georgia at the GFWC 129<sup>th</sup> Annual International Convention. Keep well and stay safe.

In the meantime please do not hesitate to call or email me if you have any questions, or if you want to just hello.

**Carolyn Forbes, GFWC Home Life Chairman**

**Living the Volunteer Spirit**

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