

New Jersey State Federation of Women's Clubs

Health and Wellness Top 10 Projects 2020

1. **West Deptford Woman's Club** cut plastic bags into strips and crocheted mats and tote bags for homeless. Over 325 hours were required to make 3 mats and 2 tote bags.
2. **The Boys Charity Group** helped work the Haven House to renovate a home for a mother and her children for a safe environment. The boys helped set up bingo for a fundraiser for Haven House. They also created a video on card making for senior citizens.
3. **Long Valley Juniors** made inspiration pediatric cancer bracelets for Sarah's Fight for Hope. 167 bracelets were made and packaged for cancer patients.
4. **Woman's Club of Belleville** joined with Purses for a Purpose. Gently used purses were collected and personal care items were put in and they were donated to a Woman's Shelter in Newark. 50 purses were collected.
5. **Woman's Club of Paramus** created a sewing circle. Some members cut fabric, others sewed and over 16,000 masks were made. Other clubs joined by donating fabric and elastic to make the masks. The masks were donated to hospitals, police departments, senior centers as well as other woman's clubs. Masks were mailed out of state as the project was publicized. The project was in the local news paper and on the New Jersey News channel as well.
6. **West Essex Woman's Club** worked with their Operation Sunshine project to reach out to residents of a Senior Citizens residence who were socially isolated, experiencing illness and mental stress. Birthday cards were sent. A letter to Vial of Life requesting to include information about mental illness and medication on the packet for EMS responders.
7. **Marlton Woman's Club** for breast cancer awareness they held a "Decorate a Bra" contest. Eight members participated and bras were later undecorated, and 25 bras were donated to "Free the Girls".
8. **Woman's Club of Point Pleasant** in "Operation Cuddly Comfort" provided dolls to female Alzheimer's patients along with handmade caps and blankets. Stuffed animals were also provided to men Alzheimer's patients. 24 dolls and 20 stuffed animals were donated.
9. **North Arlington Woman's Club** held a chalk art event inviting local children to express thanks to health care workers by creating art on their home sidewalks. Photos of the art were taken by the parents and displayed on the club facebook as well as the town facebook page. Each entry received a prize.
10. **Suburban Woman's Club of Pompton** celebrated Breast Cancer by assembling 70 luminaries using battery operated candles. The luminaries were placed along the walkway

to the municipal building and remained lit all night. The local gazebo was also decorated with pink ribbons and the club banner