

## NJSFWC Health and Wellness Report Worksheet 2022

**Club Name** \_\_\_\_\_ **District** \_\_\_\_\_ **Number of members** \_\_\_\_\_ (per May 1, 2022 Blue Sheet)  
**Chairman's Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

Indicate the projects your club members have supported from January 1, 2022– December 31, 2022 by completing the information next to the projects listed below. Additional projects should be listed under “Other Health and Wellness Projects”. A worksheet is provided on the reverse side of the page as well. Please share a detailed description of projects your club has completed in 2022, including the who, what, when, where and why. (No more than 2 pages, do not send pictures, fliers, etc.)

Community Service Projects	# of Projects	Volunteer Hours	Dollars Donated	In Kind Donations
Support Covid19 prevention (mask wearing, vaccination, boosters)				
Breast Cancer Awareness				
The Heart Truth- e.g. Observe Wear Red Day First Friday in February				
Inside Knowledge – Get the facts about Cancer				
UN Shot for Life				
Operation Smile				
Make Blizzard Bags / other food donations for Meals on Wheels/Sr. Meal Programs for use during bad weather				
130 <sup>th</sup> Anniversary Celebration Challenge				
Other Health and Wellness Projects (See reverse side)				
	Total Number of Projects	Total Volunteer Hours	Total Dollars Donated	Total In-Kind Donations

Report Worksheet and project descriptions must be mailed to be judged to the Health and Wellness Chairman.

Emailed reports will be used for statistical information only.

**Postmarked no later than February 1, 2023.**

Ellen Lund

74 Clinton Street, Belleville, NJ 07109-2426

Questions? Call or Email: 973-979-4077

lund@njsfwc.org

**WORKSHEET FOR ADDITIONAL HEALTH AND WELLNESS PROJECTS**

Projects should be reported based on your club's involvement.

This list is intended as a report writing aid and projects are not limited to what appears below

<b>Projects</b>	<b># of Projects</b>	<b>Volunteer Hours</b>	<b>Dollars Donated</b>	<b>In Kind Donations</b>
Adult Day Care				
New Eyes for the Needy/Seeing Eye/Braille				
Alzheimer dolls, fidget muffs or blankets for patients				
Arthritis Awareness				
Chair Yoga – participate or organize				
CPR & First Aid Classes				
Comfort Pillows (i.e., breast cancer, heart surgery)				
Diabetes Foundation support				
Dietician – invite to speak				
Disabled Persons Help/Support				
Gilda's Club /Wellness Centers				
Health Fairs/ Physical Fitness				
Health Related Projects/Programs- any issues				
Hospitals, Clinics, assisting at or sponsoring Screening				
Letter Writing/Cards to Nursing Homes				
Medicare Workshop - # _____ attended				
Medication Awareness				
Mental Health Awareness				
Pot Luck Dinner – hold a healthy				
Promote Immunizations				
Sponsor a walk or run for medical condition				
Underserved clinics/health centers				
Vial of Life				
Vineland Developmental Center				
Walking Groups				
Weight loss				
Zumba/Exercise Classes				
Additional Projects:				
1				
2				
3				
4				
5.				
<b>TOTAL (Place these figures on side one under Other Health and Wellness Projects)</b>				