

## HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM SUPPLEMENT 2024-2026

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The human body, mind and spirit comprise our health and wellness. To improve our wellbeing, we must address five key components: nutrition, disease prevention, physical, emotional and mental care.

### **GFWC Community Connection Initiative:** Caregivers Circle

The Caregivers' Circle focus will build upon the importance of the connection between health and the importance of maintaining balance with emotional, nutritional, and physical health and provide much needed and deserved support for caregivers.

- November is Caregiver Recognition Month. Show special support by writing notecards, providing meals, taking the caregiver to lunch, hosting an afternoon tea, offering to give them a break or treating them to a manicure, pedicure, or massage.

### **DISEASE PREVENTION:**

- **Easter Seals** – Easterseals Walk With Me National Fundraiser to raise awareness and support for families with diabetes. Organize a walk – see [easterseals/walkwithme](http://easterseals/walkwithme) website for info. Sign up for the monthly newsletter email. Arrange for a speaker at your club.
- **Inside Knowledge** – Facts about Gynecologic Cancer Campaign can be found at [cdc.gov/cancer/knowledge](http://cdc.gov/cancer/knowledge). Collect materials and distribute in your club. Promote Inside Knowledge on awareness days. June is National Cancer Survivor Month, use lavender ribbons, use pink for breast cancer, teal for cervical, black for skin cancer. Plan programs for breast cancer awareness. Hold a Bra-ha-ha fundraiser or help the Support the Girls campaign. Encourage all women to get mammograms and Pap Smears.
- **Alzheimer's** - Work to promote awareness of this disease. Make fidget muffs, blankets, or aprons. Donate a baby doll or stuffed puppy or kitten to keep patients busy. Check your local Alzheimer's facility to make sure they would accept donations. Greater Alzheimer's Foundation serves 14 NJ counties and the Delaware Chapter covers southern New Jersey Counties. Check out the Alzheimer's Association for walks and ways to help. The help line is 800-272-3900 or [www.alz.org](http://www.alz.org).
- **Promote Dining with Diabetes**- Distribute food charts or hold cooking demos for diabetes friendly meals. Many local supermarkets offer nutrition classes and will bring the class to club meetings. Know the symptoms of diabetes. Visit the website [www.healthline.com/health/diabetes-symptoms](http://www.healthline.com/health/diabetes-symptoms). [Diabetes Foundation Inc 411 Hackensack Ave, 7<sup>th</sup> fl. Hackensack 07601](http://www.diabetes.org). Share information about early signs & symptoms of diabetes in adults and children.
- **JDRF** is the world's largest nonprofit funder of type 1 diabetes research. Their in-house scientists oversee a diverse portfolio of research tracks, leaving no stone unturned in our search for a cure. There are chapters in New Jersey, available on their website. Type 1 diabetes is a disease managed 24 hours a day 365 days a year. There are walks, bike rides and other ways to support this organization.
- **Healthy Heart Month/Red Dress** Wear a red dress or red dress pin the first Friday in February. Decorate your street parking meters with red ribbons for Women's Heart Awareness. Display Red Dress Logo throughout your community. Check your computer for Red Dress Logos to print out and use. Lapel pins are available through the American Heart Association/Red Dress Lapel pins. Use the Heart Truth Speaker Kit to conduct educational sessions for women Join #OurHearts movement. Host a Valentine social serving heart healthy refreshments.
- **Shot at Life** Support Shot @ Life with a "Pop a Shot" fundraiser shooting baskets for a prize. Check the website for other events. Encourage flu shots, Walgreens give shots, free with insurance forms. Spread the word in your community and club.
- **Operation Smile**, located in Virginia Beach, VA, is an international organization helping children who suffer with clefts and the power of a smile. Check the website [operationsmile.org](http://operationsmile.org) to find out the many items that can be donated and shipping instructions i.e., smile bags, smile dolls, hospital gowns, therapy supplies, quilts, blankets, afghans, no-no armbands. Phone: 1-888-opsmile

- **Medications** - Learn about proper use and disposal of medications. Check with your local police department for disposal dates. Find look-alike candy and food that look like medications and can be dangerous to children, taking medications thinking it is candy. Distribute a flyer showing the comparison.
- **Vial of Life** contact [www.vialoflife.com](http://www.vialoflife.com). Vial of Life packet is printable online or can be requested, limit of 3 free. To share the Vial of Life program, request the Community Packet on the form, 25 packets and 2 posters will be provided. Encourage club member and other groups to fill out the form and follow instructions. If emergency medical help is needed, the list will help with aid to the patient. Medical Care Alert also has a form online or you can call their customer service at 1-877-913-3680 for more information.
- **COVID19**–Encourage vaccinations and continue to wear masks when deemed appropriate.

### **NUTRITION:**

**Supermarket Wellness program:** Invite a dietitian from a supermarket or hospital to a club meeting for a program about making wise food choices.

**Eat Smart for a Healthy Heart:** Participate in or sponsor a cooking program for people who are concerned about heart health, include cardiovascular education, cooking demonstrations, and tasting of healthy recipes.

**National Nutrition Month** Celebrate in March with a potluck dinner at your meeting or hold a healthy food drive, requesting nutritious food from Feeding America’s Healthy Food Donation List.

**Meals on Wheels/Senior Meals program:** Make blizzard bags for local seniors or shut ins. Volunteer to make deliveries or ask what products you can donate.

**Healthy Kids:** Contact your local schools and ask if you can collect/donate healthy snacks. See if there is a summer nutrition program you can support.

**Collection Challenge:** Challenge another group (men’s group, another NJSFWC club, youth group, school class, etc.) or to see who can collect the most cans of food for the food bank.

**Vitamins and minerals:** The human body needs vitamins and minerals to function and stay healthy. They help keep your bones, muscles, heart, and brain working properly. They can be found in food or as a dietary supplement. Check out [www.helpguide.org](http://www.helpguide.org).

### **PHYSICAL, EMOTIONAL AND MENTAL CARE:**

**Mental Health Awareness** Educate or donate during May for Mental Health Awareness month.

**NAMI NJ** - <http://www.naminj.org/>. Statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Contact them to find ways to support their work.

**National Physical Fitness and Sports Month in May:** Celebrate by encouraging a family fitness event, walkathon, encourage a group walking program.

**Senior Assisted Living** Provide exercise equipment for senior citizens such as leg pedaling machines, resistance bands or yoga mats. Volunteer to hold or sponsor a chair Yoga or other exercise event.

**Get Moving** – start a walking group with members or other friends who may become members of your club. Park a block away from your meeting site and get a walk in. Know your blood pressure.

**Health Fair:** Organize or participate in a local health fair.

**Club meeting:** Start a meeting or have a program with chair exercise or Yoga demonstration.

**Support Blind and Deaf organizations:** The Seeing Eye: <https://www.seeingeye.org/>, Helen L Diller Vacation Home for Blind Children; <https://www.dillerblindhome.org/>; Vision Loss Alliance of New Jersey: <https://www.vlanj.org/> ;

**Letter Writing is Back:** Initiate a letter writing campaign to Nursing Home Residents once a month.

**Friendly Competition:** Challenge another group to see who can walk the farthest that month. Collect pledges from friends for miles walked, then donate the money to the NJSFWC Special State Project or another worthy cause.

**New Eyes for the Needy.** Lions Clubs collect used eye glasses, check your local Lions Club or help with the collection. Office and recycling center address; 549 Millburn Ave, Short Hills, N.J. 07078

**Arthritis:** There are more than 3 million U.S. cases of arthritis per year. For more information, contact [www.arthritis.org](http://www.arthritis.org).

**Let's Get Moving:** NJSFWC challenges its members to get moving to combat heart disease! Clubs are encouraged to sign up for September 29<sup>th</sup> for World Heart Day through the World Heart Federation. The link will be available on the NJSFWC website under "Health & Wellness" in materials. Encourage members to start tracking their walking and exercising hours. You could even start holding club-wide walks or attend exercise classes together. Tally the total combined exercise hours completed by your members on your year-end report under the "Let's Get Moving" challenge. The club to log the most workout hours will be recognized at Spring Conference

**Review the Health and Wellness section of the 2024-2026 GFWC Club Manual for additional projects and resources**