

NEW JERSEY STATE FEDERATION OF WOMEN'S CLUBS
Health & Wellness Community Service Program
Top 10 Projects 2024

1. In conjunction with their Arts & Culture Committee, the **Woman's Club of Upper Saddle River (Ramapo District)** hosted a NeuroArt session. NeuroArt combines art, science, and technology to study how the arts impact the brain, body, and behavior. After a brief meditation, the instructor guided participants through creating an 8 x 1- canvas painting with organic, neuron-like lines and shapes. Members left relaxed and went home with a lovely piece of art!
2. After receiving so much positive feedback on their "Friendsgiving" event, the **Woman's Club of Paramus (Palisades District)** decided to arrange more open time to foster friendships – especially important in a club of larger size. "Me Time" is a program that encouraged members to come out and bring a "keep your hands busy" activity, like crocheting, vision boards, games, and puzzles. There is no cost nor obligation – just the desire to be creative while fostering friendship. In the summer, they gathered in a member's beautiful backyard and painted inspirational rocks for the walking group to place in the park later. Positive energy and connection enhance personal and group wellness.
3. **West Deptford Women's Club (Garden District)**'s annual Spring project is a pocketbook collection, during which they collect gently used pocketbooks and fill them with personal supplies like shampoo, toothpaste, mouthwash, hairbands, gum, tissues, pens, and notepads. This year, 44 bags were put together and donated to a local clothing closet to be handed out on an as-needed basis.
4. **Gloucester Women's Club (Garden District)** partnered with Mothers Matter, part of the Lauren Rose Albert Foundation. This all-volunteer charitable organization provides single mothers or mothers who are struggling with a challenge (like serious illness) by giving them beautiful bags of toiletries, notebooks, puzzles, and special items to brighten their day. Members spent a few evenings assembling 75 bags.
5. **Marlton Woman's Club (Garden District)** held its fourth annual weight loss challenge with a record 15 participants developing healthier eating and exercise habits during the first three months of the year. The member who loses the most weight gets to pick a charity where the club donates \$1 for every pound lost. A total of \$147 in tribute to the 147 pounds lost in 2024 was donated to Asher House Animal Sanctuary. (A bonus: seven members lost over 10 pounds each!)
6. **Suburban Woman's Club of South Plainfield (College District)**'s newly created "Hearts Creative" group made and delivered six hearts and three flat animals to the JFK Medical Center Auxiliary Foundation. The foundation shared that the hearts are especially comforting for heart patients and provide relief from seat belt pressure for women leaving the hospital after breast surgery, while dementia and

pediatric patients love the animals. The club also contributed 7 lap robes and 2 shawls to JFK, plus 34 additional lap robes and 6 shawls from community partners.

7. After reading about Flow Forward NJ on a bulletin board at Rowan University, the **Woman's Civic Club of Hammonton (Southern District)** leapt into action. The nonprofit provides free period supplies to women and teens. The club collected items and filled 24 cosmetics bags of tampons, pads, and pantyliners for high school and middle school nurses' offices.
8. Flemington **Woman's Club (College District)** welcomed guest speaker Rose Miller of "Rose Knows Where It Goes," a personal organizer and downsizing specialist with over a decade of experience. Rose promotes stress free living by getting our "things" under control. She taught members about how to work toward a clutter-free house that keep memories alive by choice of what to keep and what to purge, paving the way for better mental health.
9. Like so many of our NJSFWC clubs, the **Metuchen Edison Women's Club (College District)** has formed a walking group for members to meet regularly and exercise in the fresh air. But this group used it as an opportunity for membership and publicity development as well! Members meet up every other Saturday morning at a local trail. They even take turns pushing the stroller for the club's (baby) mascot! Their walks were mentioned by Della Crews on News 12 New Jersey. Between word of mouth through friends and the TV publicity, the walks garnered four new club members this year.
10. **Suburban Woman's Club of Pompton Plains (Ramapo District)** makes "blessing bracelets." This is a fun arts & crafts project that has the added bonus of promoting emotional wellbeing. A note is attached to each handmade bracelet reminding the wearer to focus on the positive. Bracelets are handed out to friends, neighbors, and homebound members – whoever needs a happiness boost.