

Helping Hands in the Community Program

OBJECTIVE:
Introduce members and communities to organizations that improve the lives of those in need

ACTION PLAN

CANINE COMPANIONS FOR INDEPENDENCE

Canine Companions for Independence is a nonprofit agency dedicated to placing highly trained assistance dogs with professional caregivers and people with disabilities, and ensuring the success of the working team through continued follow-up. Canine Companions offers a variety of volunteer opportunities, from being a puppy raiser to sponsoring fundraising and community awareness events. Supporting Canine Companions programs promotes independence for persons with disabilities.

- o Increase club and community awareness about assistance dogs and their benefits.
- o Set up an information booth at a health fair, mall, or school to distribute literature from Canine Companions.
- o Request printed materials or the new Canine Companions video “Making Miracles Happen” and use them at a club or community meeting. (See Resources)
- o Visit Canine Companions’ website www.CCI.org for video and public service announcements you can share.
- o Encourage club and community involvement in Canine Companions activities.
- o Become a Canine Companions puppy raiser. (See Resources)
- o Start a fund to provide one of nine sponsorship opportunities. (See Resources)

EASTER SEALS

Easter Seals provides services to ensure that all persons with disabilities have equal opportunities to live, learn, work, and play. Easter Seals assists more than one million children and adults with disabilities and their families annually through a nationwide network of more than 550 service centers. Each center provides top quality, family focused, and innovative services tailored to meet the specific needs of the community it serves.

- o Contact Easter Seals for information about sewing occupational therapy vests for children. (See Resources)
- o Increase club and community awareness about Easter Seals and services for individuals with autism and other disabilities. (See Resources)
- o Raise funds for Cartridges for Kids Recycling, an Easter Seals recycling program that pays schools and nonprofit organizations for empty laser and inkjet cartridges, used cell phones, laptops, PDAs, and iPods. (See Resources)
- o Support Easter Seals with donations.



COULD YOU GIVE AWAY A PET YOU LOVED? *Many Clubwomen do, for a great cause. GFWC members often volunteer to be puppy raisers, helping to rear and train puppies who will grow up to become assistance dogs with Canine Companions for Independence.*





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HABITAT FOR HUMANITY INTERNATIONAL

Habitat for Humanity is a nonprofit, ecumenical housing ministry that seeks to eliminate poverty, housing, and homelessness from the world, and to make decent shelter a matter of conscience and action. Founded in 1976, Habitat for Humanity has built approximately 25,000 houses around the world, providing more than one million people with safe, decent, affordable shelter. Habitat invites people from all walks of life to work together to help build houses with families in need.

- o Call the Habitat Help Line at 800/422-4828 for the name and location of the Habitat affiliate nearest you.
- o Contact your local Habitat for Humanity affiliate for information regarding possible volunteer activities. (See Resources)
- o Increase club and community awareness about Habitat for Humanity.
- o Volunteer to work on a Habitat for Humanity house in your community.
- o Collaborate with other service organizations in building an Habitat for Humanity house in your community.

HEAVENLY HATS

Heavenly Hats is a nonprofit organization that donates hats to cancer patients who lose their hair due to cancer or other medical conditions. Heavenly Hats was started by a 10-year old trying to lift his grandmother's spirits as she underwent chemotherapy. The hats are intended to help make patients feel better about themselves and give them added courage in their battles against cancer.

- o Visit the Heavenly Hats website at www.HeavenlyHats.com and request a hat package.
- o Donate hats. Patients prefer soft bucket- or newsboy-style hats, scarves, turbans, and bandanas, although baseball-type hats and others are acceptable. Hats must be new due to the low immune systems of patients. (See Resources)
- o Support Heavenly Hats with donations to be used for shipping purposes. (See Resources)

HUNGER IN AMERICA

Hunger or low food security touches about 12 percent of the American public (or 35 million people), but your club can help alleviate hunger.

- o Donate to or volunteer at your local food bank.
- o Grow a vegetable garden and donate the fresh produce to your local food bank.
- o Investigate Share Our Strength's Great American Bake Sale. Visit www.GreatAmericanBakeSale.org for more information and activity ideas.
- o Encourage community involvement in organizing efforts to feed those in need.

MARCH OF DIMES

March of Dimes is a nonprofit, voluntary health organization committed to improving the health of babies by preventing birth defects and infant mortality.

- o Increase awareness of issues related to birth defects and infant mortality.
- o Invite health experts to a club or community meeting to discuss various health topics such as the necessity of pre- and post-natal care, health problems, and risks surrounding teen pregnancy and the use of drugs and alcohol during child-bearing years, such as Fetal Alcohol Syndrome.
- o Encourage club and community members to become involved in the work of the March of Dimes.
- o Order a free resource packet from national March of Dimes headquarters. (See Resources)





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- o Participate in the Walk America project. (See Resources)
- o Observe Birth Defects Prevention Month each October.
- o Educate your club and community using the March of Dimes Resource Center toll free number 888/MODIMES.

NATIONAL ORGANIZATION ON DISABILITY

The National Organization on Disability, a nonprofit organization, is dedicated to improving the lives of individuals with disabilities. Partner with the National Organization on Disability to initiate and support community programs that provide increased opportunities for people with disabilities.

- o Investigate your community's adherence to the Americans with Disabilities Act and accessibility for persons with disabilities. Pay special attention to the following:
 - Accessibility: restaurants, stores, theaters, public buildings, sidewalks, parks, and restrooms
 - Transportation: public transportation vehicles and stations (buses, trains, and airports) and parking lots
 - Employment: employment opportunities, fairness, and restrictions
- o Research community needs and establish a volunteer bank to provide services, including:
 - Transportation assistance to and from voting locations during elections
 - Transportation for children and adults who use wheelchairs and require special vehicles
 - Food delivery programs such as Meals-on-Wheels and Food for Friends
- o Participate in the annual Accessible America competition to recognize local communities for their efforts to include people with disabilities. (See Resources)

Make your club accessible and welcoming to women with disabilities.

- o Contact the National Organization on Disability for information regarding the Religion and Disabilities Program. (See Resources)
- o Provide support to families of children with disabilities through activities such as childcare and projects to sew specialized clothing.

RESOURCES

CANINE COMPANIONS FOR INDEPENDENCE

PO Box 446 2965 Dutton AVE | Santa Rosa, CA 95402

P: 707/577-1700 | P: 866/224-3647 | W: www.CCI.org |

Contact: Bob Bunger bbunger@cci.org | Jeannine Konopelski jkonopelski@cci.org

EASTER SEALS

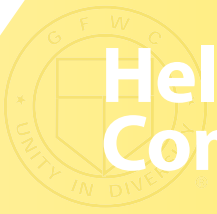
230 West Monroe, STE 1800 | Chicago, IL 60606

P: 312/221-6827, ext. 7136 | P: 312/551-7136 | W: www.EasterSeals.com

Contact: Joan Fishman, Marketing and Corporate Relations | jfishman@easterseals.com

Cartridges for Kids | www.CatridgesForKids.com | contact@cartridgesforkids.com or 800/420-0235





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HABITAT FOR HUMANITY INTERNATIONAL

121 Habitat ST | Americus, GA 31709

P: 229/924-6935 ext. 3079 | P: 800/HABITAT (422-4828) | F: 229/924-0577 | W: www.Habitat.org

Contact: Duane Bates | dbates@habitat.org

THE HEAVENLY HATS FOUNDATION

2325 Pamperin RD, STE 3 | Green Bay, WI 54313

P: 920/434-4151 | W: www.HeavenlyHats.com

Contact: Anthony D. Leanna | anthony@heavenlyhats.com

MARCH OF DIMES BIRTH DEFECTS FOUNDATION

1275 Mamaroneck AVE | White Plains, NY 10605

P: 914/997-4500 | P: 888/MODIMES | F: 914/428-9366 | W: www.MOD.org

Contact: Gwen Carmon | gcarmon@modimes.org

NATIONAL ORGANIZATION ON DISABILITY

910 16th ST NW, STE 600 | Washington, DC 20006

P: 202/293-5960 | F: 202/293-7999 | W: www.NOD.org

Contact: Nancy Starnes, Vice President and Chief of Staff | starnes@nod.org or rik@nod.org

AWARDS

CLUB

A \$50 award is given annually to one club in the nation to recognize creativity in implementing an effective Helping Hands in the Community Program. The award is based on narrative reports. State chairmen should forward the winning state entry to the national GFWC Helping Hands in the Community Program Chairman by March 15 of each year.

STATE

GFWC certificates are awarded to one state federation in each membership category to recognize outstanding achievement in the GFWC Helping Hands Program. Award presentations are made annually in honor of junior and general membership participation.

CANINE COMPANIONS FOR INDEPENDENCE

Canine Companions for Independence presents certificates of appreciation annually to all clubs that support the Canine Companions program. In addition, Canine Companions awards a plaque to one state in each membership category to recognize outstanding support of its projects.

MARCH OF DIMES

March of Dimes presents awards to one state federation in each membership categories annually to recognize outstanding achievement in education and fundraising efforts.

