



Focus on Health Club Grant Application

Interested in funding to help improve the health of your community? Thanks to Merck and Co., Inc., GFWC is able to offer up to \$100 for club focus on health programs.

Please read over the guidelines found below, decide how to use the funding in your community, and complete and submit an application. Develop and implement a worthwhile project, and when finished, complete an easy evaluation form.

GUIDELINES

- Funding is limited. Funding will be awarded based on merit and project sustainability as outlined on the application.
- Clubs that apply must hold active membership (per capita dues paying) in their state federations and in the General Federation of Women's Clubs.
- Clubs must complete an application. Funding is available until it is gone or until April 2010.
- Clubs must use the funding to assist a Focus on Health project. Funding may be spent on venue rental, materials, program promotion, or anything the club feels the community needs. Think creatively!
- Funding may be up to but not exceed \$100 per club.
- Clubs must complete an evaluation, which will be included with the funding check if the club application is approved.

Applications Are Available

- By calling the Program Department at GFWC Headquarters at 202/347-3168
- By e-mailing GFWC Headquarters at Programs@GFWC.org
- By looking in the *GFWC Clubwoman Magazine*
- By reviewing information on the GFWC website at www.GFWC.org/Programs

GFWC gratefully acknowledges Merck and Co., Inc., for its support of the GFWC Focus on Health Program Club Grants.

POSSIBLE USES FOR FOCUS ON HEALTH CLUB GRANT

With the funding your club can:

- Assist your club or community in initiating a Focus on Health program.
- Read the Focus on Health Program in the GFWC Club Manual and devise your own creative idea for using the funding.
- Work with the health department, hospital, visiting nurses, senior center, and others to present a program. Use the funding for rental space, promotion, refreshments, or whatever is needed.
- Hold your program during a month or on a day that celebrates a health issue. For instance Heart Month is celebrated in February, Breast Cancer Awareness Month is October, and Osteoporosis Prevention and Education Month is May.
- Supply a local clinic with education materials. Use the free available toolkits: *Spotlight on Shingles*, *Heart Truth*, *Know Stroke*, and *Strength in Knowing* (contact the GFWC Program Department at Programs@GFWC.org or 202/347-3168 for more information).
- Be sure to promote the club's "gift" to the community.
- Research what the important health concerns in your community are and present a program that addresses them. For instance, if smoking is a big concern, work with the American Cancer Society to give a program.
- Gather chefs from local restaurants to present a "cooking light" class highlighting low calorie and low fat recipes. Offer during February/Heart Month. Use the funding for the food, promotion, and more.
- Give mammography or bone density "scholarships" to a few deserving women in the community. Pay for the tests with the limited funding. Ask the test location to match the club's gift.
- Work with local groups like the health department, hospitals, visiting nurses, etc. to present a health fair. Use the funding for rental space, promotion, materials, etc.