



# HOME LIFE

## COMMUNITY SERVICE PROGRAM

 Visit [www.GFWC.org/membership/club-manual/](http://www.GFWC.org/membership/club-manual/) for updates and more information.

### THE GFWC HOME LIFE COMMUNITY SERVICE PROGRAM IS DESIGNED TO INFORM MEMBERS OF ISSUES THAT AFFECT THE WELL-BEING OF INDIVIDUALS, FAMILIES, AND COMMUNITIES

by providing opportunities and resources to meet and address needs through volunteering. Through this program, clubs may develop and implement creative projects that promote a healthy lifestyle increase awareness, prevention, research, and treatment of disease; target personal development; address the issues of hunger, inadequate housing, and homelessness; and/or prevent or correct financial difficulties.

Program ideas are endless. Consider projects that address issues such as women's health, theft prevention, service dog programs, people with disabilities, healthy lifestyles, and childcare.

We have partnered with like-minded organizations that affect the well-being of individuals, families, and communities. Refer to the Partnership section beginning on page 5 for activities designed especially for GFWC clubs.

### GFWC COMMUNITY SERVICE PROJECTS

GFWC Community Service Projects are projects that members initiate and participate in to serve their communities—they do not include projects that relate to GFWC partners. These projects are specifically related to the Home Life Community Service Program and may involve other members of the community, other organizations, or the individual club or members.



Direct any questions regarding projects that do not involve GFWC partners to the Home Life Community Service Program Chairman or GFWC Programs Department at [Programs@GFWC.org](mailto:Programs@GFWC.org).



### 2016-2018 HOME LIFE COMMUNITY SERVICE PROGRAM

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### SOUP-ER BOWL SATURDAY

**GFWC South Brunswick Islands Club (NC)** hosted an Empty Bowl Event (SOUP-er Bowl Saturday) to help feed the hungry. Area restaurants, caterers, and club members made soup and bread. Attendees received a handcrafted soup bowl made by local potters as a memento. The club partnered with a local newspaper to promote and support the event.



### **SLEEPING MATS FOR THE HOMELESS**

**GFWC Intermediate League of Butler (PA)** collected 11,000 recycled plastic garbage bags, cut them into strips, wove the strips to form a ball of plastic yarn and then crocheted them into six foot long sleeping mats. These mats helped improve the sleeping conditions of the homeless by keeping moisture away from the body, creating heat, and providing a soft place to sleep.



### **EDUCATIONAL BOOKMARKS**

**GFWC Women's Civic League of Cheyenne (WY)** created and printed bookmarks with information on the dangers of prescription drug abuse. The information encouraged people to lock up their medications, find the location of a secure Drop Box for medication disposal, taught how to otherwise dispose of unneeded medications, and included information on the State Medication Donation program. Bookmarks were distributed to all local pharmacies and were enclosed in the bags with medications when pharmacists filled prescriptions.



### **ROLLING LIBRARY PROGRAM FOR HOMEBOUND SENIORS**

**Woman's Club of South County (RI)** helped seniors connected with the Meals on Wheels Program. Questionnaires were sent out to the Meals participants, asking if they would be interested in having books brought to their home and what books would they like to read. The librarian at the local library picked out books that were deemed appropriate and members delivered the books on a designated day each month. In addition to delivering the books, the volunteers visited with the shut-ins.

## **IDEAS**

Program ideas are endless. Below is a list of ideas on how clubs may support the Home Life Community Service Program.

- Assess and quantify specific needs of local citizens.
- Research problems in your community that are largely unaddressed and identify those who are underserved.
- Work on programs and projects that focus on addressing the identified needs.
- Promote the acquisition of correct health and safety information from the Centers for Disease Control and Prevention at [www.CDC.gov](http://www.CDC.gov).
- Plan programs on women's heart health. Expand the programs beyond the club level to involve the community. Utilize information located at [www.hearttruth.gov](http://www.hearttruth.gov) for program ideas.
- Sponsor a National Wear Red Day® celebration (first Friday in February each year).
- Learn the basic facts about gynecologic cancer, including risk factors and screening options. Establish information sharing sessions and utilize resources located at <http://www.cdc.gov/cancer/knowledge/>.
- Plan programs on breast cancer awareness.
- Offer free mammograms to the needy.
- Organize and/or participate in health fairs and forums.
- Learn about proper medication utilization and the issues with prescription drug addiction.
- Create a resource list of local women's clinics and health centers and distribute it in public areas such as shelters, places of worship, and libraries.
- Educate club members and the community regarding the "Make the First Five Count" Initiative. Visit [www.Makethefirstfivecount.org](http://www.Makethefirstfivecount.org) for information.
- Visit the autism website to learn more about autism. Utilize the knowledge to educate others within the community.
- Incorporate fitness activities into your club and community activities, including walking or yoga. Sponsor a fun run.
- Start an exercise group in your club, then initiate a weight loss challenge in your club and keep track of pounds lost.

- Promote healthy self-esteem and self-worth.
- Organize financial workshops for women, retirees, single parents, and/or college students.
- Work with local food banks and homeless shelters to provide needed donations, stock shelves, and provide other volunteer services.
- Work with local agencies that provide supportive services to the homeless and mentally challenged by volunteering at fundraisers and local events.
- Partner with a local nursing home or mental health facility to enhance the quality of life for the elderly and disabled.
- Organize clothing drives. Partner with other local agencies to distribute to the needy.
- Sponsor PSAs that will expand the distribution of information related to club programs and projects.
- Support the initiatives of our partners.
- Utilize resources to enhance programs and projects.

## **GFWC RESOURCES**



*A program of the National  
Institutes of Health*

### **NATIONAL HEART, LUNG, AND BLOOD'S THE HEART TRUTH®**

**W:** [www.hearttruth.gov](http://www.hearttruth.gov)

**Contact:** Monique Ndenecho

**P:** 301-827-4877

**E:** [Monique.ndenecho@nih.gov](mailto:Monique.ndenecho@nih.gov)

*The Heart Truth*® sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease. Through this program, the NHLBI leads the Nation in a landmark heart health movement embraced by millions who share the common goal of better heart health for all women.

The centerpiece of *The Heart Truth* is *The Red Dress*®, which was created by the NHLBI and introduced as the national symbol for women and heart disease awareness in 2002. *The Red Dress*® is a powerful red alert that inspires women to learn more about their personal risk for heart disease and take action to protect their heart health.

Examples of community-based activities GFWC members can plan and carry out include:

- Health fairs that risk factor screenings and offer educational materials on women's heart disease, and risk factor management and reduction
- Fun walk/run to promote *The Heart Truth* and its key messages
- National Wear Red Day® celebrations (first Friday in February each year)
- *The Heart Truth* educational session for women, using *The Heart Truth* Speaker's Kit (which may be held in a variety of community settings, such as a hospital, workplace, library, church, YMCA/YWCA, health department, community clinic, etc.)
- *The Red Dress*<sup>SM</sup> Sunday/Sabbath service at local churches or synagogues to raise awareness about women's heart disease
- Brown-bag lunch featuring *The Heart Truth* education session and discussion
- Heart healthy food cooking demonstrations or cooking classes

*The Heart Truth, its Red Dress logo, and The Red Dress are registered trademarks of HHS. Red Dress is a service mark of HHS. National Wear Red Day is a registered trademark of HHS and AHA.*





**INSIDE KNOWLEDGE:  
GET THE FACTS ABOUT GYNECOLOGIC CANCER CAMPAIGN**

**W:** <http://www.cdc.gov/cancer/knowledge>

**Contacts:** Jennifer Chu

**P:** 202-729-4263

**E:** [Jennifer.chu@ogilvy.com](mailto:Jennifer.chu@ogilvy.com)

The *Inside Knowledge: Get the Facts About Gynecologic Cancer* campaign educates women and health care providers about the five most common types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar. This initiative was developed by the Centers for Disease Control and Prevention and supports the Gynecologic Cancer Education and Awareness Act of 2005, or Johanna's Law, passed unanimously by Congress in 2006, and signed into law in 2007.

Gynecologic cancer is any cancer that starts in a woman's reproductive organs. Each year in the United States, about 71,500 women are diagnosed with a gynecologic cancer and approximately 26,500 women die from one. Each gynecologic cancer is unique and has different signs, symptoms, risk factors, and prevention strategies. *Inside Knowledge* offers information and resources in English and Spanish to women and health care providers about risk factors, symptoms, and prevention strategies associated with each of the cancers.

- Order free *Inside Knowledge* materials directly through the campaign's online publication ordering system ([www.CDC.gov/pubs/dpc1.aspx](http://www.CDC.gov/pubs/dpc1.aspx)) and distribute them among fellow members of your club and community.
- Host a presentation or seminar on gynecologic cancers using *Inside Knowledge* information and resources, including educational print materials as well as print, television, and radio informational public service announcements (PSAs). These PSAs feature women who urge us to pay attention to our bodies, and they provide information on when it is appropriate to see a medical professional.
- Promote the campaign's resources, including PSAs (which can be viewed at [www.CDC.gov/cancer/knowledge](http://www.CDC.gov/cancer/knowledge)) to local and regional media such as television and radio stations, daily and weekly newspapers, magazines, and newsletters.
- Promote awareness of *Inside Knowledge* and its resources all through the year, but especially during:
  - National Cervical Cancer Awareness Month (January)
  - Mother's Day (May)
  - National Gynecologic Cancer Awareness Month and National Ovarian Cancer Awareness Month (September)

## **ADDITIONAL RESOURCES**

- Explore options to help with Feeding America by going to [www.feedingamerica.org](http://www.feedingamerica.org) and learn ways you can support in your community, state, and nation.
- Learn more about American Cancer Society initiatives by going to [www.cancer.org](http://www.cancer.org).
- Promote awareness of diabetes by going to [www.diabetes.org](http://www.diabetes.org) and [www.diabetesfoundation.jdrf.com/info/jdrf](http://www.diabetesfoundation.jdrf.com/info/jdrf) and utilize those resources to help your community.
- Work to promote Alzheimer's disease awareness by going to [www.alz.org](http://www.alz.org).
- Assist in building homes for those in need by going to [www.habitat.org](http://www.habitat.org).

## **GFWC PARTNERSHIPS**

GFWC partners are the organizations listed with whom GFWC has established a formal relationship and mutual understanding. Our partners offer unique and customized services: materials, speakers, kits, and/or additional information specifically designed for GFWC clubs. They are aware of GFWC clubs' specific needs, our organizational structure, and have a signed Memorandum of Understanding with GFWC. GFWC partners will assist in monitoring the donations generated by GFWC members.

To ensure that donations to GFWC partner organizations at the individual, club, district, or state level are reflected toward GFWC's collective impact, make sure to write GFWC in the memo line on your donation check.



Direct any questions regarding donations to GFWC partners to Home Life Community Service Program Chairman or GFWC Programs Department at [Programs@GFWC.org](mailto:Programs@GFWC.org).



### **CANINE COMPANIONS FOR INDEPENDENCE**

**Contact:** Nancy Murray, National Community Events Manager

P.O. Box 446  
2965 Dutton Avenue  
Santa Rosa, CA 95402-0446

**W:** [www.CCI.org](http://www.CCI.org)

**P:** 707-577-1781

**E:** [NMurray@CCI.org](mailto:NMurray@CCI.org)

Canine Companions is the oldest and largest assistance dog program providing trained dogs for children, adults, and veterans with physical disabilities. Founded in 1975, they are leaders in the field and have placed over 4,400 assistance dogs. Canine Companions breeds and trains their own dogs to get the temperament, intelligence, focus, health, and work ethic needed. Their breeding program is highly regarded and looked at by others for best practices. At eight weeks old, puppies are placed with volunteer puppy raisers who raise the puppies for 15 months, teaching basic obedience commands and socialization skills. Then they return the dog to Canine Companions for six months of professional training to learn the 40+ commands they need to know to do tasks for people with disabilities.

### **WOUNDED VETERAN'S INITIATIVE**

GFWC is working with Canine Companions for Independence on its Wounded Veteran's Initiative. Canine Companions has provided many assistance dogs to injured service men and women who are returning from the Iraq and Afghanistan wars. For a veteran making a new start putting his or her life back together from an injury, an assistance dog can provide the help they need to regain independence. GFWC members can:

- Promote puppy raising. Volunteers are needed to raise puppies from eight weeks to 1-½ years old attending dog obedience classes and socializing the puppy in public settings. Assistance is needed in getting the word out on the need for volunteers.



Support regional activities at one of the six regional centers near you:

#### **Northeast Regional Center**

*(New York, New Jersey, Connecticut, Delaware, Pennsylvania, Maryland, Washington D.C., Virginia, West Virginia, Massachusetts, Rhode Island, Vermont, New Hampshire, and Maine)*

**Contact:** Debra MacKenzie,  
NER Development Director  
286 Middle Island Road  
Medford, NY 11763

**P:** 631-561-0200

**E:** [DMackenzie@cci.org](mailto:DMackenzie@cci.org)

#### **North Central Regional Center**

*(Ohio, Western Pennsylvania, Kentucky, Michigan, Indiana, Wisconsin, Illinois, Minnesota, Iowa, Missouri, North Dakota, South Dakota, Nebraska, and Kansas)*

**Contact:** Laurel Marks,  
NCR Development Director  
4989 State Route 37 East  
Delaware, OH 43015-9682

**P:** 740-833-3702

**E:** [LMarks@cci.org](mailto:LMarks@cci.org)

#### **Northwest Regional Center**

*(Alaska, Idaho, Montana, Northern Nevada, Northern California, Oregon, Washington, and Wyoming)*

**Contact:** Lisa Cannon,  
NWR Development Director  
2965 Dutton Avenue  
P.O. Box 446  
Santa Rosa, CA 95402-0446

**P:** 707-577-1700

**E:** [LCannon@cci.org](mailto:LCannon@cci.org)



- Visit and tour a regional training center.
- Meet the Canine Companions Chapter leadership near you and see how you can work together.
- Participate in the Canine Companions Signature Event—*DogFest Walk 'n Roll*. For more information visit [www.cci.org/dogfest](http://www.cci.org/dogfest).
- Have members sew vests for the dogs or stuffed puppies.
- Offer the opportunity to clubs that live near the regional centers, to provide meals, etc. when team training is being offered.
- Make donations for dorm rooms or decorate the dorm rooms at Regional Centers.
- Contact your closest Regional Center to see if your club can fulfill any items on their wish lists.
- Arrange for a Canine Companions team to speak at your club meeting to learn more about assistance dogs and Canine Companions.
- Volunteer at a center/office or staff a booth.
- Assist with outreach to veteran organizations, including presentations, outreach booth staffing, literature, as well as poster and video distribution.
- Raise funds to help place a dog with a veteran.
- Join the Canine Companions Facebook page ([www.Facebook.com/CanineCompanions](http://www.Facebook.com/CanineCompanions)) and help them build their network of “likes”.
- Follow Canine Companions on Twitter (@ccicanine).
- Subscribe to their YouTube channel ([www.YouTube.com/CanineCompanions](http://www.YouTube.com/CanineCompanions)) and their blog, Help is a Four-Legged Word ([www.Blog.CCI.org](http://www.Blog.CCI.org)).
- Sign up to receive monthly e-newsletters on Canine Companions updates and forward the emails to your friends ([www.CCI.org/sign-up](http://www.CCI.org/sign-up)).



**Southeast Regional Center**

(Florida, Georgia, Tennessee, North Carolina, South Carolina, Mississippi, Alabama, and Louisiana)

**Contact:** Jeanne Cooley, SER Development Director  
P.O. Box 680388  
Orlando, FL 32868-0388  
**P:** 407-522-3300  
**E:** [JCooley@cci.org](mailto:JCooley@cci.org)

**South Central Regional Training Center (Texas)**

**Contact:** Mikell Bollinger, SCR Regional Director of Development  
PO Box 630919  
Irving, TX 75063  
**P:** (800) 572-BARK (2275)  
**E:** [MBollinger@cci.org](mailto:MBollinger@cci.org)

**Southwest Regional Center**

(Arizona, Utah, Colorado, New Mexico, Oklahoma, Arkansas, Southern California, Southern Nevada, and Hawaii)

**Contact:** Margaret Sluyk, SWR Development Director  
P.O. Box 4568  
Oceanside, CA 92052-4568  
**P:** 760-901-4300  
**E:** [MSluyk@cci.org](mailto:MSluyk@cci.org)

**Colorado Satellite Office**

**Contact:** Paul O'Brien, Colorado Director  
126 Las Animas Street  
Colorado Springs, CO 80903  
**P:** 719-260-6151  
**E:** [POBrien@cci.org](mailto:POBrien@cci.org)



**EASTERSEALS**

**Contact:** Teresa Summers  
Coordinator of Corporate Relations/Development  
212 Barney Drive  
Joliet, IL 60435  
**W:** [www.EasterSeals.com](http://www.EasterSeals.com)  
**P:** 815-730-2052 ext. 2  
**E:** [tsummers@joliet.easterseals.com](mailto:tsummers@joliet.easterseals.com)

Easterseals is changing the way the world defines and views disabilities by making profound, positive differences in peoples' lives every day. Easterseals has been helping individuals with disabilities and special needs, and their families, live better lives for more than 90 years. From child development centers to physical rehabilitation and job training for people with disabilities, Easterseals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.



Our vibrant community of friends and supporters stands with those who face challenges by volunteering, advocating, donating and participating in events that inspire us all and sustain our cause.

- Visit and tour a local affiliate center.
- Meet the Easterseals CEO near you and see how you can work together.
- Arrange for an Easterseals representative to speak at your club meeting to learn more about services for children and adults with disabilities in your community.
- Increase club and community on Autism Awareness and services for individuals with other disabilities.
- APRIL IS AUTISM AWARENESS MONTH. Reach out to an Easterseals affiliate to get involved with Autism Awareness programs during the month of April.
- Get involved with Easterseals.
- Check out the Caregivers program and Military and Veterans Services.
- Volunteer at one of Easterseals Camps or Recreation programs.
- Follow the Easterseals Facebook Page.
- Sign up to receive monthly e-newsletters ([www.easterseals.com](http://www.easterseals.com).)
- Support "Walk with Me," where you have the opportunity to walk with an Easterseals client in your town.
- Learn how children grow and learn at different rates. Visit Make the First Five Count ([www.easterseals.com/mtff](http://www.easterseals.com/mtff)).
- Raise funds for "Cartridges for Kids Recycling", a recycling program that pays schools and nonprofit organizations for empty laser and inkjet cartridges, used cell phones, laptops, PDAs, and iPods.



We are continually working to develop partnerships with organizations whose missions and scope of work are germane to GFWC. Look for updates from the Home Life Community Service Program Chairman in *News & Notes*, *GFWC Clubwoman Magazine*, and online at [www.GFWC.org](http://www.GFWC.org)

## **AWARDS**

GFWC recognizes State Federations for outstanding projects and clubs for creative projects in implementing effective Home Life Community Service Program projects and partnership projects, as follows:

- Certificate to one State Federation in each membership category
- \$50 award to one club in the nation for project creativity

Award winners will be determined by entries into the Awards Program. Each State Federation may submit one State Award Entry Cover Sheet and one Club Creativity Award Entry Cover Sheet for the Arts Community Service Program projects. Clubs do not submit entries directly to GFWC.

GFWC partners will recognize State Federations and clubs for their efforts. Contact the GFWC Programs Department for information.



Refer to the Awards section of the *Club Manual* for more information, including the Award Entry Cover Sheet guidelines.

