



HOME LIFE

COMMUNITY SERVICE PROGRAM

 Visit 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, individuals with disabilities, healthy lifestyles, life skill classes, healthy food choices, cooking classes, childcare, and preventing prescription drug abuse. Consider a program to help families at risk of food insecurity and health conditions driven by poor diets.

2018-2020 INITIATIVE

Martin Luther King, Jr.'s role in the bus boycott transformed him into a national figure and the best-known spokesman of the civil rights movement.

National Day of Service: Have your Club work with your local bus transit and give a discount or daily pass to ride the bus for the day in January.

Martin Luther King, Jr. Day — January 21, 2019
Martin Lither King, Jr. Day — January 20, 2020



Direct any questions regarding projects to the Home Life Community Service Program Chairman or GFWC Programs Department at Programs@GFWC.org.



2018-2020 HOME LIFE COMMUNITY SERVICE PROGRAM

Carolyn Forbes, Chairman

1591 Autumn Moon Rd.
Magnolia, DE 19962
302-697-0267
302-222-6468
mrschefdjf@aol.com

2018-2020 INITIATIVE

In 1994 Martin Luther King, Jr. Day in January was declared a National Day of Service. Each and every club in GFWC is asked to do a service project on that day. It may be in any area, any type of project. OUR GOAL IS 1,000 CLUBS PARTICIPATING.



VIAL OF LIFE PROJECT

The Vial of Life is designed to speak for you when you can't speak for yourself. The vial contains important information medical information that can assist emergency personnel in administering the proper medical treatment. Print free Vial Kits and order decals.



BROWN BAG MISSION

GFWC Parkersburg Woman’s Club (WV) supplied weekend meals for 350 elementary children with the Brown Bag Mission. Support was provided by various fundraising projects throughout the year along with private donations. Clubwomen purchased, sorted, packed, and delivered the bags filled with nonperishable foods each Friday. Extra food was given for holidays and long vacation periods. The club also assisted middle and high schools with setting up a food pantry for students needing help.



SUNSCREEN STATIONS

GFWC Northboro Junior Woman’s Club (MA) embraced a town-wide Melanoma Program. The club educated the community on the risk of melanoma. They worked with the Melanoma Society to provide sunscreen stations free of charge. They selected a local park and began the project with a dispenser and 2,800 pumps of sunscreen. The club’s goal is to provide at least one dispenser at each of the local parks and the school athletic fields.



CARE BAGS FOR CHILDREN

GFWC Sand River Woman’s Club (SC) provided care bags for children in foster services. After consulting with Department of Social Services case managers, the colorful handled tote bags were filled with wipes, soaps, toothbrushes, toothpaste, combs, and a change of undergarments. Other items included were drinks, snacks, and other items to occupy the children such as a Matchbox car or small journal. The bags were delivered to the Department for distribution.

IDEAS

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

- Start a program that allows each individual to have their complete medical information ready in their home for emergency personnel to reference during a home emergency. Utilize information located at www.vialoflife.com.
- 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.
- 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 for program ideas.
- Know your blood pressure. If it’s high (140/90 mm Hg or above), you’re at risk of medical problems.
- Get moving, eat healthy and maintain a healthy weight.
- Start your club meetings with a warm-up and have fun with chair exercises.
- Sponsor a National Wear Red Day® celebration (first Friday in February each year).
- Decorate street parking meters and red ribbons for Women’s Heart Awareness
- Decorate Valentines Hearts and host a Valentine social at an assisted living community and serve Heart healthy refreshments. Don’t be afraid to sing your heart out, as it loves music.
- Conduct 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.)
- Sponsor The Red DressSM Sunday/Sabbath service at local churches or synagogues to raise awareness about women’s heart disease
- Display the Red Dress logo throughout the town in business’s window displays or store windows in local malls.
- Eat Smart for a Healthy Heart: Participate in a cooking program for people who are concerned about heart health, include cardiovascular education, cooking demonstrations, and tasting of healthy recipes.

- 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/>.
- Order free *Inside Knowledge* materials at (www.CDC.gov/pubs/dpc1.aspx) and distribute them among fellow members of your club and community.
- 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).
- Celebrate June as National Cancer Survivor Month with lavender ribbons.
- Decorate street lights, outside your club house, and doors to area businesses with pink ribbon for Breast Cancer Month, teal ribbons for cervical cancer, black ribbons for Melanoma and skin cancer, etc.
- Dining with Diabetes: Promote Diabetes education. Distribute printable food charts and lists on diabetes information. Hold cooking demonstrations and a tasting of healthy recipes.
- Plan programs on breast cancer awareness. Host a "Bra-ha-ha" fundraising event where men and women from all walks of life come together to decorate bras in creative, hilarious, and eye-catching ways. Proceeds provide free mammograms and other breast health related services.
- 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.
- Help prevent prescription drug abuse by creating bookmarks with information on how to safely dispose of medications and locations of drop boxes for the disposal of medications no longer needed.
- 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 for information.
- APRIL IS AUTISM AWARENESS MONTH. Reach out to an Easterseal's affiliate to get involved with Autism Awareness programs during the month of April. Utilize the knowledge to educate others within the community.
- Learn how children grow and learn at different rates. Visit Make the First Five Count (www.easterseals.com/mtff).
- Support "Walk with Me," where you have the opportunity to walk with an Easterseals client in your town.
- Sign up to receive monthly e-newsletters (www.easterseals.com).
- 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, the Caregivers program and Military/Veterans Services.
- Consider donating birthday (or any special occasion) bags to local Easterseals affiliates to share with their clients. Suggestions for birthday (or for any special occasion) bags (cake mix, a foil pan, icing plates, napkins streamers and other decorations.
- Incorporate fitness activities into your club and community activities, including walking, zumba, 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.
- Challenge another group (men's group, Jewish women's group, youth group) to see who can collect the most cans of food for the food bank or who can walk the furthest for a month.
- Work with local food banks and homeless shelters to provide needed donations, stock shelves, and provide other volunteer services.
- Provide rides to the food pantry and grocery stores for families in need. Collect and deliver store coupons for

the families to use. Collect plastic grocery bags and donate them to a food pantry.

- 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.
- Organize workshops for students to learn life skills, example: learning how to prepare a budget, applying for the workforce, establishing credit, paying bills, how to address an envelope, and protocol.
- Host sewing classes. Teach children and members to knit two scarves; one for themselves and one to donate to a shelter.
- Host cooking and nutrition classes for underprivileged children. Include the Boys and Girls club, Boy Scouts and Girl Scouts. Teach the importance of food safety.
- Celebrate Girl Scout Week. Invite Junior Girl Scouts to help prepare a simple meal and donate to a homeless shelter, earning their Junior Simple Meals Badge.

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.



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

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

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

Southeast Regional Center

(Florida, Georgia, Tennessee, North Carolina,



Direct any questions regarding donations to GFWC partners to Home Life Community Service Program Chairman or GFWC Programs Department at 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 **Toll Free Number:** 1-800-572-BARK (2275)
P: 707-577-1781
E: 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.

VETERAN'S INITIATIVE

GFWC is working with Canine Companions for Independence on its Veteran's Initiative. Canine Companions has provided many assistance dogs to injured service men and women who are returning from 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 1-1/2 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.
- Give each member a container to save pennies during the month or pass the hat at every meeting collecting pennies. Donate the funds to Canine Companions Pennies for Puppies.
- Support the "Give A Dog A Job" program.
- 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.
- Have members purchase bolts of fabric for Canine Companions to sew vests for 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.



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

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

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

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

- 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) and help them build their network of “likes”.
- Follow Canine Companions on Twitter (@ccicanine).
- Subscribe to their YouTube channel (www.YouTube.com/CanineCompanions) and their blog, Help is a Four-Legged Word (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).

GFWC RESOURCES

- **EasterSeals**, www.Easterseals.com, Contact: Teresa Summers, **P:** 815-730-2052 ext. 2, **E:** tsummers@joliet.easterseals.com.
- **National Heart, Lung, and Blood's The Heart Truth®**, www.hearttruth.gov, Contact: Monique Ndenecho, **P:** 301-827-4877, **E:** Monique.ndenecho@nih.gov.
- **Inside Knowledge: Get the Facts About Gynecologic Cancer Campaign**, <http://www.cdc.gov/cancer/knowledge>, Contact: Jennifer Chu, **P:** 202-729-4263, **E:** Jennifer.chu@ogilvy.com.
- Explore options to help with **Feeding America** by going to www.feedingamerica.org and learn how you can help in your community, state, and nation.
- Learn more about **American Cancer Society** initiatives by going to www.cancer.org.
- Work to promote **Alzheimer's** disease awareness by going to www.alz.org.
- Promote awareness of Diabetes by going to www.diabetes.org and <http://diabetesfoundation.jdrf.com/info/jdrf/> and utilize those resources to help your community.

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.



RESOLUTIONS

Resolutions adopted by GFWC are the foundation of our organization. They guide our call to action and are the basis of all programming and advocacy. Current Resolutions for the Home Life Community Service Program are listed here by Number and Title. Refer to the complete text of each in the [2017-2018 Resolutions document](#).

013-020	Agricultural Policy – Family Farms
013-030	Breast Cancer
013-040	Cardiopulmonary Resuscitation Training (CPR) and Automated External Defibrillators (AED)
013-050	Child Foster Care
013-060	Child Support Enforcement Program
013-070	Civil Rights in the Workplace
013-080	Communication Industry
013-090	Consumer Product Information
013-100	Diabetes
013-110	Economic Equity
013-120	Family Caregivers
013-130	Food, Drug, Cosmetics and Medical Products Registration
013-140	Food Safety
013-150	Freedom of Access to Health Clinics
013-160	Freedom of Enterprise
013-170	Gynecological Cancer
013-190	Homelessness
013-200	Humane Slaughter Act Enforcement
013-210	Immunization for Prevention of Childhood Diseases
013-220	Improper Portrayal of Women
013-230	Income Tax Deduction for Tuition
013-240	Retirement Savings
013-250	Influence of the Home and Family
013-260	Intolerance
013-270	Long-Term Care
013-280	Mass Media
013-300	Mental Health Parity
013-310	Migrant Worker Families and Transient Youth
013-330	Nursing Shortage Crisis
013-340	Nutrition
013-350	Organ and Tissue Transplants
013-360	Persons with Disabilities
013-400	Prevention, Detection, Control and Cure of Diseases and Illnesses
013-410	Product and Services Liability Reform
013-420	Child Care
013-430	Quality Long Term Care
013-450	Retired Persons
013-460	Sexual Harassment
013-480	Smoking in Public Places
013-490	Specially Trained Dogs and Other Animals For People with Disabilities
013-500	Stem Cell Research
013-510	Substance Abuse and Rehabilitation
013-540	Tobacco and Young People
013-550	Tuberculosis Prevention
013-560	HIV/AIDS
013-580	Youth Suicide Prevention
013-590	Autism Spectrum Disorder
013-600	Cancer
013-610	Heart Disease in Women



013-620	Obesity Prevention
013-630	Religious Freedom
013-640	Sexual and Reproductive Health Care
013-650	Health Care and Research