**GFWC MO Top Ten Projects**

**Health and Wellness**

**1. GFWC Kansas City Athenaeum s**upported a mental health program that targeted middle school students, promoting mental wellness and de-stigmatizing asking for help. Its goal was to create early intervention that can prevent a serious mental health crisis in the future. They offer 200 presentations annually at no charge in schools and community organizations throughout the greater Kansas City metropolitan area, reaching more than 7,000 teens each year.

Following an informative program, club members voted unanimously to donate $5,000 to the Coterie to help fund Project Daylight.

**2. The GFWC Tuesday Club of Columbia (District 4)** members created 1,471 cards with the goal of promoting a healthy mental state through these remembrances, which were delivered throughout the area to seniors, teens, churches and more, including Missouri Girls Town. Members met monthly in 3-hour sessions creating 11 different categories of cards. Other members made cards at home as well. The in-kind value of the cards was $1,471 with 210 volunteer hours.

**3. The GFWC Mexico Club (District 4)** members heard a presentation from a local senior center representative then brought items to be donated in ‘senior Christmas boxes’. The club donated $400 to the senior center as well.

**4. The Nu-Era Study Club (District 2)** members participated in a project for Operation Smile, a charity that performs reconstructive surgeries for children around the world. Club members tied 51 fleece blankets, sewed 108 arm splints, 49 hospital gowns. They also donated 9 Smile Bags, for which they collected 155 boxes of crayons, 57 coloring books, 48 combs, 97 toothbrushes, 95 tubes of toothpaste, 28 shampoos, 68 stuffed animals, 33 bars of soap and 47 mirrors.

**5. The GFWC Women’s Club of Lexington (District 2)** had 30 members of 75 use 50 volunteer hours to sew fabric hearts to make pillows for cardiac patients recovering from surgery. While the fabric heart shells were sewn at home, members stuffed pillows at the March meeting. This allowed members to choose if they preferred sewing at home, or for those who do not sew, to stuff with the polyfill during meeting time. Approximately 20 pillows were completed. All costs were donated.

**6. The GFWC Woman’s Club of Shelbyville (District 3)** collected in-kind donations of snack foods, packaged drinks, etc., for the Mid-Missouri Ronald McDonald House. These were delivered by a member who has used the House in the past. Eighteen of 22 members donated items.

**7.** **The GFWC Monday Club of Farmington (District 9)** gathered donations for the Pregnancy & Resource Center. A wide variety of baby items were donated; diaper bags, bibs bottles, diapers, wipes, stuffed animals, baby food and formula. The value of these items totaled approximately $200.

**8.** While the **GFWC Chautauqua Club (District 4)** volunteered many hours individually in various situations, the group as a whole donated children’s toys and masks to Avenues. This project totaled 3 volunteer hours and $30.

**9. The GFWC Heir Study Club (District 4)** helped the Bowling Green High School Project Prom by donating $50. This group provides a safe, alcohol-free and fun-filled evening at the YMCA after prom is over. One of the 10 members participated using half an hour of volunteer time.

**10. GFWC Woman’s Club of Lexington (District 2)** coordinated with Meals on Wheels to support local home bound seniors with donations of thick, fuzzy socks to be delivered with their holiday packages prior to Christmas. Enough donations were collected that each home bound senior received two pairs of socks along with a greeting card with messages from club members. Cash donations were also made to the two senior housing facilities in town. In all, 40 of the club’s 75 members participated and 60 hours of volunteer time was used for the project. Donated cost was $200.

**Creativity** – see #2 above