**HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM**

**Flu Care for College Food Pantry**

GFWC Brookings Club (SD) donated flu-care supplies including tissues, Chapstick, disinfectant sprays, soups, snacks, and throat/cough drops to South Dakota State University’s food pantry, “Jack’s Cupboard,” for college students in need.

**Healthy Smiles for Kids**

GFWC Junior Women's Club of Barnesville (OH) partnered with Colgate-Palmolive and created oral health packets containing family-size toothpaste, children's toothbrushes, dental floss picks, and kids’ disposable face masks. The club donated the packets to low- income children without health insurance and no preventative dental care.

**Recycled Prescription Bottles**

GFWC Legacy Club (AL) members collected empty prescription pill bottles for The Community Free Clinic in Huntsville, AL. The mission of the clinic is to provide quality free healthcare, education, and medications to thousands of people in Madison County without healthcare benefits. The clinic uses recycled prescription pill bottles for distribution of medication to its clients. Seven hundred sixty-three plastic pill bottles were collected and donated this calendar year.

**“Pink Out Your Punk’in” Contest**

GFWC Nature Woman’s Club (FL) hosted a “Pink Out Your Punk’in” contest for Breast Cancer Awareness Month in October. The community painted and decorated pumpkins pink and posted pictures on Facebook, where the winning pink pumpkin was chosen by the club. The winner received a $25 gift card and a donation was made in their name to Making Strides Against Breast Cancer.

**Warm Lap Robes for Seniors**

GFWC Mesquite Club of Las Vegas – Evening Chapter (NV) made and donated 40 lap robes to the senior housing at City Impact Center, for low-income seniors, adding a layer of comfort and heat in the winter months.

**Letter Writing is Back!**

GFWC Papillion Junior Woman’s Club (NE) initiated a letter writing campaign to nursing home residents who could not have visitors or leave their rooms due to the COVID-19 pandemic. Members wrote to 90 residents once a month. The nursing home staff told the club how excited the residents were when the mail arrives and how many appreciate the letters. Club members provided the stationary and postage.

**Nurses Care Kit**

GFWC Marlborough Junior Woman’s Club (MA) delivered 100 care kits to nurses working at the University of Massachusetts Memorial Hospital’s Marlboro Campus. Kits included hand creams and facial cleansers to help reduce the damage done by constant mask wearing and hand sanitizing. The note attached read: *“Your hands have helped to pave the way. They have given love and care each day. No matter the tasks they have to do, they’re tender, caring and strong like you. They’ve healed or lifted, encouraged and touched, and in return you are thanked so much.”*

**Festival Fitness Activity Circuit**

GFWC Homer Glen Junior Woman’s Club (IL) collaborated with the village of Homer Glen to sponsor a Fall Fest Fitness Activity Circuit at the Scarecrow Festival in the local park. The club created 25 Halloween/fall-themed activity posters with events like 10 jumping jacks, 15 burpees, eight push-ups, and instead of bear crawls it said “spider crawls.” Each poster displayed a fun Halloween picture on it that matched the exercise.

**White Bags of Courage**

GFWC Chapin Woman’s Club (SC) supported cancer patients receiving chemotherapy at South Carolina Oncology Associates. Club members filled 50 bags with lap blankets, bottled water, energy bars, note cards, crossword books, lip balm, journals, and other goodies. Each bag also had a rolled page tied with a blue ribbon full of quotes about courage from people of all walks of life, from Mother Teresa to John Wayne. Before delivery, each bag was stuffed with blue tissue paper to make a festive gift presentation.

**Campaign to Change Direction – Community Action**

GFWC Woman’s Club of Lake Wales (FL) members took the official pledge to know the Five Signs of Emotional Suffering from Campaign to Change Direction. They promoted the Campaign on their club’s Facebook page and website. Members mailed out more than 75 letters to local businesses and doctors’ offices with posters from the Campaign. They also developed a video called “It’s Time to Talk” to increase awareness of the signs of depression brought on by isolation and how to combat the effects in a positive manner.