



GFWC of Massachusetts  
Junior Membership  
**HOME LIFE**

Hello Fellow Juniors,

Welcome to the Home Life Community Service Program. We are looking forward to being your Chairwomen for the 2012-2014 Administration. Between us we have been members of the Northboro Junior Woman's Club for 15 years. During this time we have both served on and chaired committees and served as Club President. Through our membership we have had the opportunity to meet and work with many wonderful, talented women in both our community and Junior Membership.

We look forward to working with all of you to undertake projects that improve the everyday quality of life for all citizens. We encourage you to contact your civic leaders, food pantries, churches/synagogues, senior centers, department of family your services, local hospitals and health agencies, homeless shelters, and other volunteer organizations to find out about the needs in your communities. Please

Refer to your GFWC Manual for Partnership Programs and Community Service Project ideas.  
In Junior Friendship,

Sue Young and Sue Orciuch

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### **Home Life**

Home Life projects and programs 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.

Our own Massachusetts Junior Director's focus area is **Alzheimer's disease**. We will be highlighting this area by providing Junior Clubs with project ideas and resources to help raise the awareness of victims suffering from this disease.

We challenge each club to participate in their local Alzheimer's Walk this September (see locations and dates below).

### **GFWC Partnerships**

These are the organizations with whom GFWC has established a relationship and mutual understanding. The following are the Partnership Organizations for Home Life:

Canine Companions for Independence – this is a program that provides trained dogs

for children, adults and veterans with physical disabilities. GFWC is working to help provide dogs to wounded veterans.

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

707-577-1700

Easter Seals-They provide services to ensure that persons with disabilities have equal opportunities to live, learn, work, and play.

[www.EasterSeals.com](http://www.EasterSeals.com)

*East Seals Massachusetts*

484 Main Street

Worcester, MA 01608

800-244-2756

89 South Street

Boston, MA 02111

617-226-2640

256 Union Street

New Bedford, MA 02740

508-993-3128

volunteer @eastersealsma.org

Inside Knowledge: Get the Facts A bout Gynecologic Cancer Campaign-

This organization educates women and health care providers about the five most common types of gynecologic cancer.

[www.cdc.gov/cancer/knowledge](http://www.cdc.gov/cancer/knowledge)

202-729-4263

*Women's Cancer Network*

[www.WCN.org](http://www.WCN.org)

*Ocean at Mass General Hospital*

[www.ocean@mgh.harvard.edu](mailto:www.ocean@mgh.harvard.edu)

*Health Encyclopedia*

[www.ahealthyme.com/Library/Encyclopedia](http://www.ahealthyme.com/Library/Encyclopedia)

National Osteoporosis Foundation – This organization is dedicated to the prevention of osteoporosis and broken bone, the promotion of strong bones for life and the reduction of human suffering through programs of public and clinician awareness, education, advocacy and research.

[www.NOI.org](http://www.NOI.org)

202-549-5164

## **Community Service Projects**

Formally known as collaborations, these are programs and projects members initiate and participate in to serve their communities.

### **Director's Signature Project - Alzheimer's Disease**

*Alzheimer's Association*

Massachusetts/New Hampshire Chapter

480 Pleasant Street

Watertown, MA 02472

617-868-6718

### **-Walk to End Alzheimer's**

Event to raise awareness and funds for Alzheimer's care, support and research.

Sign up for the walk, get a team together, sign up to get e-newsletters to keep up to date with information.

[www.alz.org](http://www.alz.org)

Worcester – Sunday September 30, 2012

Quinsigamond Community College

670 West Boylston Street

Worcester, M 01606

8:30am registration, 3 mile loop

East Walpole – Saturday, September 22, 2012

Cambridge – Sunday, September 23, 2012

Andover – Saturday, September 29, 2012

Fall River – December 31, 2012

Plymouth – Saturday, September 29, 2012

Cheshire – Saturday, September 29, 2012

### **Other Home Life Project Ideas:**

-Learn the facts about gynecologic cancer and other health concerns for women (i.e. heart health)

-Plan a program on women's health issues

-Organize or participate in health fairs and forums.

-Create a resource list of local women's clinics and health centers and distribute it at shelters, community centers, libraries etc.

-Incorporate fitness activities into club activities

-Organize financial workshops for women

-Work with local food banks and homeless shelters

-Partner with a nursing home or mental health facility to enhance the life of their residents

-organize clothing drives

-raise funds to help place a dog with a veteran

-donate to a dog training center

- support Camp Hope (Easter Seals)
- support Walk with Me (Easter Seals)
- sew vests for disabled children
- host a presentation on gynecologic cancers
- raffle pink ribbon items
- assemble We Care packages for patients receiving chemotherapy or radiation
- make comfort pillow for women with cancer

## **Events and Dates**

-National Breast Cancer Awareness Month – October  
Breast Cancer Walks

*Making Strides Against Breast Cancer*

Barnstable – Sunday, October 21, 2012

Berkshire County – Sunday, October 14, 2012

Boston – Sunday October 14, 2012

Worcester – Sunday, October 21, 2012

*Avon Breast Cancer Walk*

Boston - May 18 & 19, 2013

*20<sup>th</sup> Annual Komen Massachusetts Race For The Cure*

Joe Moakley Park, South Boston – October 20, 2012

National Hunger and Homeless Awareness Week – November 10 -18, 2012

[www.nationalhomeless.org](http://www.nationalhomeless.org)

Heart Disease Awareness Month – February 2013

[www.heart.org](http://www.heart.org)

[www.goredforwomen.org](http://www.goredforwomen.org)

Heart Association National Walking Day, Wednesday, April 3, 2013

National Osteoporosis Month – May 2013

[www.nof.org](http://www.nof.org)