



General Federation of Women's Clubs  
Massachusetts Junior Membership  
Donna Shibley, President  
Katie Robey, Director of Junior Clubs

## GFWC Community Service Program: Health and Wellness

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### Hello!

I am honored to be the chairman of the GFWC Community Service Program for Health and Wellness. I have been a member of Marlborough Junior Woman's Club for a little over 7 years now. In that time, I have served my club as a Co-Chairman for Home Life, as Recording Secretary, as Vice President and recently as President in 2018-2020. If you have any questions or comments, want any help or are looking for me to help spread the word on your event, please reach out!



*“The human body, mind and spirit comprise our health and wellness. To improve our wellbeing, we must address three key components: nutrition, disease prevention, and physical and emotional care. This community service program aims to explore the various opportunities for awareness and advancement of each of these vital areas.”*

Covid-19 has changed our world, making physical and mental health more of a focus for many! Although gatherings at this time are limited, there is so much we can still do.

- Share information with your club and community on making wise food choices, even swapping recipes or handouts that show nutritional information.
- Recognize national Health and Wellness months
  - o March: National Nutrition Month
  - o May: National Mental Health Awareness Month
  - o August: National Immunization Awareness Month
- Adopt a local classroom and donate physical exercise “take a break” items like jump ropes, hula hoops, balls, etc.
- Share information with your club and community on information from the CDC: prevention, travelling health, emergency preparedness and more!
- Educate others on the signs and symptoms of diabetes in both children and adults
- Walk for that healthy cause of your choice – Alzheimer's, Cancer, Parkinson's, etc. and bring back survivor stories and prevention tips to your club and community!



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There are so many ideas and thoughts from your amazing club members and within the GFWC club manual! I am looking forward to seeing what develops within your clubs! I have included the list of GFWC affiliates and resources!

### CHALLENGE PROJECT: "PHYSICAL FUNDING" FOR MENTAL HEALTH PROGRAMS

- According to the Mayo Clinic, "Exercise helps prevent and improve a number of health problems, including high blood pressure, diabetes and arthritis. Research on depression, anxiety and exercise shows that the psychological and physical benefits of exercise can also help improve mood and reduce anxiety." With these facts in mind, plan a fundraising walk, run, bike, swim event, or a dance-a-thon, with benefits funding the mental health program of your club's choice.

### GFWC Affiliate Organizations

- Heifer International [www.heifer.org](http://www.heifer.org)
- St. Jude's Children's Research Hospital [www.stjude.org](http://www.stjude.org)
- March of Dimes [www.marchofdimes.org](http://www.marchofdimes.org)
- Operation Smile [www.operationssmile.org](http://www.operationssmile.org)
- Shot @ Life [www.shotatlife.org](http://www.shotatlife.org)
- UNICEF USA [www.unicefusa.org](http://www.unicefusa.org)

### GFWC Resources Organizations

- Center for Disease Control (CDC) [www.cdc.gov](http://www.cdc.gov)
- The Campaign to Change Direction [www.changedirection.org](http://www.changedirection.org)
- Choose Love Movement [www.jesselewischooselove.org](http://www.jesselewischooselove.org)
- Charity Miles [www.charitymiles.org](http://www.charitymiles.org)
- College and Universities Food Bank Alliance (CUFBA) [www.cufba.org](http://www.cufba.org)
- Feeding America [www.feedingamerica.org](http://www.feedingamerica.org)
- Growing Minds (farm to school program) [www.growing-minds.org](http://www.growing-minds.org)
- Mouth Healthy Kids [www.mouthhealthy.org](http://www.mouthhealthy.org)
- National Heart Lung and Blood Institute (NIH, NHLBI) [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- Vaccines.gov [www.vaccines.gov](http://www.vaccines.gov)