



# HEALTH AND WELLNESS

## COMMUNITY SERVICE PROGRAM

**“A HEALTHY ATTITUDE IS CONTAGIOUS BUT DON’T WAIT TO CATCH IT FROM OTHERS. BE A CARRIER.” — TOM STOPPARD**



Health vs. Wellness - what is the difference? In the words of Sydney Lappe, MS, RDN, “The primary difference between health and wellness is that *health* is the *goal* and *wellness* is the *active process of achieving it*. We cannot always choose the state of our health, but we do have the conscious choice to make active decisions towards wellness.” Wellness has a direct influence on overall health, which is essential for living a healthy, happy, and fulfilled life.

So, let’s **Get Fit Within** our **Communities** - fit in body, in mind, and in spirit. Educate, practice, and promote the three fundamental areas of this Community Service Program.

This Community Service Program aims to explore the various opportunities for awareness and advancement of each of these vital areas:

- Disease awareness and prevention is the knowledge of the factors that cause a disease (including social determinants and health inequity), the symptoms, and the ways to prevent it. This is to include screenings, vaccinations, and shared information.
- Nutrition is a key element in the quest for good health. Wise food choices, proper usage of vitamins and supplements, and food allergy awareness help maintain a healthy lifestyle free of weakened conditions and chronic illness.
- Physical and emotional care encompasses behaviors to manage a healthy body, mind, and spirit throughout life. This includes physical, intellectual, emotional, spiritual, environmental, and social wellbeing.

A few facts from the Center for Disease Control and Prevention and Mayo Clinic:

- 19.3% of the nation’s children aged two to 19 are obese. Experts blame two factors: poor nutritional habits and lack of physical activity.
- The risk of heart disease and stroke, two of the leading causes of death in the United States, can be reduced with moderate-intensity aerobic activity.
- A regular fitness regimen can also reduce your risk of developing type 2 diabetes and several cancers such as bladder, breast, colon, and lung.
- As we age, physical activity can slow the loss of bone density, reduce the risk of falling, and help with arthritis and other rheumatic conditions affecting the joints.
- And regular physical activity helps in keeping your thinking, learning, and judgment skills sharp and reduces your risk of depression and anxiety and helps you sleep better.

### 2022-2024 HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM

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Direct any questions regarding projects that do not involve GFWC Affiliate Organizations to the Health and Wellness Community Service Program Chairman or GFWC Programs Department at [Programs@GFWC.org](mailto:Programs@GFWC.org).

# COMMUNITY CONNECTION INITIATIVE: PHYSICAL FITNESS - GIVE THAT GLIMMER AND GLOW



Regular physical activity – aerobic, muscle strengthening, and balance training – is one of the most important things you can do for your health. Regardless of age, abilities, ethnicity, shape, or size everyone can experience the benefits of physical activity.

Considering the facts provided, GFWC clubs are encouraged to plan a year-long project that will promote physical activity for any age group.

- Partner with a home improvement store and other service organizations such as a Lions Club or Boy Scouts to purchase and build playground equipment for a shelter or special needs facility.
- Partner with a sports store to provide fitness apparatus for a senior center or nursing home and sponsor classes in their use.
- Plan a fitness trail in your community.
- Partner with a shopping mall to sponsor walking clubs which include weekly or monthly physical fitness and nutrition presentations.
- Work with local schools to implement the Presidential Youth Fitness Program in their curriculum.

So, let's **Get Fit Within** our **Communities**. Give and get that glimmer and glow that a physical fitness activity will add to life.





### **FALL FEST FITNESS**

The GFWC Home Glen Junior Woman' 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 was titled "spider crawls." Each poster displayed a fun Halloween/Fall picture on it that matched the exercise.



### **SAY CHEESE!**

The 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.



### **WHITE BAGS OF COURAGE**

The 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 handout 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



### **CAMPAIGN TO CHANGE DIRECTION**

The GFWC Woman's Club of Lake Wales (FL) promoted the Campaign to Change Direction, a program to change the culture of mental health. Club members took the official pledge to know the five Signs of Emotional Suffering. The Campaign was promoted on the club's Facebook page, businesses and doctors' offices received literature, and the club developed a video entitled "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.



## PROJECT IDEAS

Be inspired by this list of ideas of how GFWC clubs can support the Health and Wellness Community Service Program. Find further information about organizations named here under Resources.

### DISEASE PREVENTION

- Support and/or sponsor immunization programs at home and abroad. These programs remain one of the most successful and cost-effective public health interventions, improving health, and providing the best chance for a meaningful life.
- Utilize promotional toolkits from Vaccines.gov and the U.S. Department of Health & Human Services to provide information about vaccines during National Immunization Awareness Month in August. Toolkits include graphics, videos, promotional newsletter and email content, and pre-written social media posts.
- Share information with club and community members on various topics from the Centers for Disease Control and Prevention (CDC), such as disease and conditions, healthy living, traveler's health, emergency preparedness, and more. Learn key facts and prevention strategies for the "Disease of the Week," and take a quiz to test your knowledge of common and serious diseases for people of all ages. Clubs can also use the site for program ideas and as a resource for specific health information.
- Learn and share information on how oral health impacts the body's overall health by visiting Mouth Healthy, sponsored by the American Dental Association. Help children learn the importance of dental care with the website's coloring and activity sheets or by providing oral health tools such as toothbrushes and floss to schools and early learning centers.
- Share information about the early signs and symptoms of diabetes in children and adults.
- Celebrate American Heart Month in February by planning programs on women's heart health and posting support for National Wear Red Day® (on the first Friday), with information from the National Heart, Lung, and Blood Institute.
- Promote local breast and cervical cancer screenings and diagnostic services for low-income, uninsured, and underinsured women. Find a screening program in your state on the CDC website.
- Provide care items for cancer patients, such warm blankets and socks, moisturizers and lip balm, water and hard candy, and diversions such as books, magazines, crossword puzzles, and more.
- Post and/or share information on the safe disposal of unwanted medications and the location of local medication disposal drop boxes.
- Learn about and share information on social media about the many National Health Observances such as Save Your Vision Month (March), and Childhood Cancer Awareness Month (September). To find a comprehensive list, visit Health.gov or the Wellness Council of America (WELCOA) website for monthly health observances.
- Establish a Medical Loan Closet for your community, stocked with canes, crutches, walkers, wheelchairs, personal care items, etc.
- Participate in or sponsor a local Wellness Fair. Include dentists and eye doctors for screenings and nurses for blood pressure readouts. Distribute coloring/activity books on dental care and eye care.
- For resources visit [positivepromotions.com](http://positivepromotions.com).
- Hold a BraHaHa or ARTragious Bra decorating contest to raise funds for breast cancer awareness.
- People with dementia often find comfort in having something for their hands to do. Make Fidget Quilts or wrist bands for dementia and Alzheimer patients. Visit [seniorcarecorner.com/sensory-stimulation-seniors-dementia-4148](http://seniorcarecorner.com/sensory-stimulation-seniors-dementia-4148).
- Make attractive cloth bags and fill with feminine hygiene products. Donate them to middle or high schools for the school nurse to discreetly distribute to young girls in need.
- Educate members on female reproductive issues such as endometriosis and gynecological cancers. Cervical cancer is the only gynecological cancer with a screening test. Additionally, have a Menopause Party with educational materials on the symptoms and treatment of menopause, fans as favors, creative refreshments, and menopause trivia games. See Pinterest or Etsy for party ideas.
- With the increasing use of computers for all age groups, observe Eye Care Month (January) or Save Your Vision Month (March).



## **NUTRITION**

- Share information with club and community members about making wise food choices. Two sources of trusted information include Health.gov, which is coordinated by the Office of Disease Prevention and Health Promotion, and Nutrition.gov, a resource of the U.S. Department of Agriculture.
- Host a community Wellness Fair that provides healthy recipes and handouts on nutrition, such as those offered on Nutrition.gov or Medline Plus, a program of the U.S. National Library of Medicine.
- Celebrate National Nutrition Month in March with a healthy potluck dinner at your club's monthly meeting. Or, organize a community event, such as a "Recipe Makeover Contest," which transforms a favorite dish by cutting calories and increasing its nutritional value.
- Invite a local nutritionist to provide a club program on eating healthy and vitamin/supplement use.
- Hold a "Healthy Food Drive," requesting donors to contribute nutritious foods from Feeding America's Healthy Food Donation List. When choosing items, look for labels that note: low sodium, no added salt, no added sugar, unsweetened, or 100% fruit juice. Possible recipients include community food banks, pantries, and soup kitchens, or programs coordinated by schools, shelters, and children's organizations.
- Donate healthy food items and/or funds to a college campus food bank, such as one affiliated with the College & University Food Bank Alliance. Monetary donations to food banks are an excellent way to take advantage of their large-scale negotiating and wholesale buying power.
- Volunteer with Meals on Wheels to provide nutritional support to seniors.
- Establish a school garden, or expand an existing school garden, to emphasize nutrition with strategies established by Growing Minds, a program of the Appalachian Sustainable Agriculture Project.
- Engage club and community members in a Plant a Row for the Hungry Campaign, a program sponsored by Garden Communicators International, to provide fresh and nutritious produce for local soup kitchens and food pantries.
- Ensure a year-round supply of fresh produce in the community by establishing or supporting a local farmers market. Promote the market on social media and coordinate special events, such as a seasonal taste testing or children's poster contest.
- Participate in Backpack Buddies to provide nutritious foods for school children over the weekend. Donate nutritious food/snacks. Include a coloring/activity sheet for the backpack.
- Educate members and your community on the importance of food safety in a disaster or emergency. Resources available from FoodSafety.gov include Foodkeeper App; 4 Steps of Food Safety; Food Safety in a Disaster or Emergency.
- Utilize Nutrition.gov/topics/nutrition-age for KidsCorner coloring & activity sheets and My Plate Grocery Store BINGO.
- Partner with the Legislation and Public Policy Committee to promote advocacy.
- Every 3 minutes a food allergy sends someone to the emergency room. Bring awareness to food allergies by providing non-food items, such as plastic spider rings or Halloween themed pencils, for trick-or-treaters. Have your club participate in a local *Trunk or Treat* using FARE resources. Visit Food Allergy Research Education - Teal Pumpkin Project for information and resources.

## **PHYSICAL AND EMOTIONAL CARE**

- Integrate physical fitness activities during club meetings. Practice chair yoga, line dancing, balance training, or flexibility exercises. Or start an exercise and/or walking group in your club and use an app such as Charity Miles or FitBit Challenge.
- Partner with a local assisted living home to provide senior exercise equipment such as leg pedaling machines, resistance bands, and yoga mats, or to support their exercise program in other ways.
- Sign up to receive the monthly newsletter from the National Institutes of Health, News in Health, to share new research with club and community members through club newsletters, social media, and other means.
- Promote physical activity in the community with a Move Your Way Campaign using materials and information from Health.gov.
- Hit the mat with a workshop for club and community members on yoga and meditation, an alternative form of exercise to stay fit, healthy, and happy. Yoga improves balance, flexibility, endurance, and strength, while meditation releases stress and focuses the mind. Practiced together, they enhance the mind/body connection and provide confidence and a sense of wellbeing.
- Support Special Olympics and other athletic contests, therapeutic sports, and/or social programs and opportunities for the challenged and disabled.



- Learn about and share information from the Choose Love Movement, a nonprofit organization founded after the mass shooting at Sandy Hook Elementary School, which teaches life skills and fosters a school culture that reduces violence. Now used across the U.S, the Choose Love Enrichment Program offers lessons in courage, gratitude, forgiveness, and compassion to boost confidence, promote positive decision-making, and to create and enhance communication, connection, and relationships.
- Offer resources and/or promote programs that prevent bullying, so children and youth are safeguarded and supported at school, in the community, and online. Set up an anti-bullying booth at a parenting fair, health fair, or other community event and distribute brochures, articles, and posters to attendees.
- Join the Campaign to Change Direction by pledging to learn the five signs that could mean that someone is in emotional pain and might need help: personality change, agitation, withdrawal, poor self-care, and hopelessness. Educate others with free posters and public service announcements from Change Direction, which works to change the culture surrounding mental illness. Help spread awareness by posting photos of club members on social media, hand up to pledge and stand with #ChangeMentalHealth.
- Inform club and community members about the many issues surrounding substance abuse with information from the Substance Abuse and Mental Health Services Administration, which is a part of the U.S. Department of Health and Human Services. From opioids and meth to alcohol abuse, addiction changes the brain and alters decision making. The site offers brochures, information sheets, research reports, news about assistance programs, treatment locator services, and more.
- Work with the National Alliance on Mental Illness (NAMI) by educating, advocating, and/or donating during Mental Health Awareness month in May, or anytime of the year. Consider sponsoring a NAMI volunteer to bring an education class to your community, such as NAMI Basics for parents and caregivers of youth with mental health symptoms. Participate in NAMI's annual walk.
- Eating disorders are actual serious and often fatal illnesses and not a lifestyle choice. They are associated with severe disturbances in people's eating behaviors and related thoughts and emotions. Preoccupation with food, body weight, and shape may also signal an eating disorder. Common eating disorders include anorexia nervosa, bulimia nervosa, and binge-eating disorder. Get free brochures and shareable resources from the National Institute of Mental Health (NIMH).
- Learn and share the risk factors and signs and symptoms of someone in danger of suicide, as outlined by the NIMH. Consider holding a club or community program on the five action steps to help someone in emotional pain and/or distribute the number for the National Suicide Prevention Lifeline (1-800-273-TALK).
- Send notes or cards to residents of nursing homes to boost their emotional well-being.
- Paint "Encouragement Rocks" with images or sayings symbolizing a sense of hope and faith. Place them around your town, on the hospital grounds, outside cancer centers, and at schools.
- Youth need a minimum of sixty minutes per day of physical activity for good health. The Presidential Youth Fitness Program helps schools achieve excellence in physical education through quality fitness education. Work with your local elementary schools to implement the program and assessment process. Provide funding for PYFP awards - medals, certificates, patches, or t-shirts. Visit PYFP.org for information.
- November is National Family Caregivers Month. Take the burnout symptoms quiz at <https://homecareassistance.com/caregiver-burnout-quiz>. Host a community thank you reception for caregivers. Donate a food delivery, your time, or gift cards to a caregiver in your club. Distribute free care guides, legal checklists, and information on care options as found at [aarp.org](http://aarp.org).

## **CONNECT WITH GFWC AFFILIATE ORGANIZATIONS**

### **CANINE COMPANIONS**

- Work on the Veteran's Initiative. [www.cci.org/assistance-dogs/Our-Dogs/veterans-initiative.html](http://www.cci.org/assistance-dogs/Our-Dogs/veterans-initiative.html)
- Support the "Give A Dog A Job" program.
- Order Give a Dog a Job Community Supporter Toolkit featuring turnkey marketing and PR materials plus a step-by-step guide for your in-person and online fundraiser. [https://secure.cci.org/site/SPageNavigator/2019\\_Give\\_a\\_Dog\\_a\\_Job.html?s\\_src=MEDID19SPD](https://secure.cci.org/site/SPageNavigator/2019_Give_a_Dog_a_Job.html?s_src=MEDID19SPD)



### **HEIFER INTERNATIONAL**

- To address global hunger, create a Heifer International “farm.” At each monthly meeting, chose a farm animal and decorate featuring the animal (chicken, rabbits, etc.).
- Initiate “Operation Santa’s Cookies and Milk” to raise funds to help Heifer International’s Milk Project and provide a carton of nutritious milk to children.

### **MARCH OF DIMES**

- Many moms arrive at the hospital to deliver a premature baby without any personal items. Create Neonatal Intensive Care Unit (NICU) Mom Care Packages. March of Dimes provides a toolkit for what moms need at the hospital. [www.marchofdimes.org/materials/Advocacy-Toolkit-Q3-2019-v2.pdf](http://www.marchofdimes.org/materials/Advocacy-Toolkit-Q3-2019-v2.pdf)

### **OPERATION SMILE**

- Donate quilts, blankets, and afghans to comfort a child in a hospital after surgery.
- The Child Life Station is where children can relax and play before surgery. Donate new and gently-used stuffed animals, art supplies, liquid bubbles, and other toys to help with screening and pre-surgical/post-surgical play therapy. [www.operationsmile.org/content/community-fundraising-and-service-projects](http://www.operationsmile.org/content/community-fundraising-and-service-projects)

### **ST. JUDE CHILDREN’S RESEARCH HOSPITAL**

- To share information at club meetings or to learn more, please visit [www.stjude.org/aboutus](http://www.stjude.org/aboutus) or [www.stjude.org/waystogive](http://www.stjude.org/waystogive) or [www.stjude.org/getinvolved](http://www.stjude.org/getinvolved). You may also visit [www.stjude.org/volathome](http://www.stjude.org/volathome) to find great activity ideas for your club to connect to the St. Jude mission.
- Rally friends, family, and community members and register for St. Jude Walk/Run to End Childhood Cancer. Visit [www.stjude.org/walkrun](http://www.stjude.org/walkrun) to find an event near you.

### **UNITED NATIONS FOUNDATION, SHOT@LIFE CAMPAIGN**

- Support Shot@Life with a “Pop a Shot” fundraiser, with shooting baskets for prizes.
- Support Walgreens “Get a Shot, Give a Shot” for flu vaccinations. Gather after for a fun lunch to celebrate how many vaccines you have provided. <https://shotatlife.org/partner/walgreens>

### **UNICEF USA**

- Hold a Halloween-themed cornhole tournament for UNICEF for a “hole” lotta fun.
- Share UNICEF USA Kid Power with Junioresettes as a project. Participate as a group and/or engage their local schools and organizations such as Girl Scouts. Kids wear activity bands that measure their steps and physical movement for points to unlock funding from UNICEF partners to provide ready-to-use-therapeutic food (RUTF) to severely malnourished children around the globe. [www.unicefkidpower.org/?\\_ga=2.26213757.1930969479.1592003084-1296862387.1592003084](http://www.unicefkidpower.org/?_ga=2.26213757.1930969479.1592003084-1296862387.1592003084)

### **GFWC RESOURCES**

**Campaign to Change Direction** [www.changedirection.org](http://www.changedirection.org)

**Centers for Disease Control and Prevention** [www.cdc.gov](http://www.cdc.gov)  
For information on Diseases and Conditions go to [www.cdc.gov/DiseasesConditions](http://www.cdc.gov/DiseasesConditions)  
For cancer screening programs go to [www.cdc.gov/cancer/nbccedp/screenings.htm](http://www.cdc.gov/cancer/nbccedp/screenings.htm)

**Charity Miles** [www.charitymiles.org](http://www.charitymiles.org)

**Choose Love Movement** [www.jesselewischooselove.org](http://www.jesselewischooselove.org)



**College & University Food Bank Alliance** [www.cufba.org](http://www.cufba.org)

**Feeding America** [www.feedingamerica.org](http://www.feedingamerica.org)

For information on healthy donations go to [www.hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/mp/files/tool\\_and\\_resources/files/healthy-food-donation-list.pdf](http://www.hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/mp/files/tool_and_resources/files/healthy-food-donation-list.pdf)

For information on food allergies and the Teal Projects visit [FoodAllergy.org](http://FoodAllergy.org)

Food Safety.gov – Foodkeeper App; 4 Steps of Food Safety; Food Safety in a Disaster or Emergency

**Growing Minds** [www.growing-minds.org](http://www.growing-minds.org)

For information on school gardens go to [www.growing-minds.org/school-gardens](http://www.growing-minds.org/school-gardens)

**Health.gov, Office of Disease Prevention and Health Promotion** ([www.health.gov](http://www.health.gov))

For information on nutrition go to [www.health.gov/our-work/food-nutrition](http://www.health.gov/our-work/food-nutrition)

For information on National Health Observances go to [www.health.gov/news/category/national-health-observances](http://www.health.gov/news/category/national-health-observances)

For information on the Move Your Way Campaign go to [www.health.gov/moveyourway](http://www.health.gov/moveyourway)

**Mouth Healthy, American Dental Association** [www.mouthhealthy.org](http://www.mouthhealthy.org)

For children’s coloring and activity sheets go to [www.mouthhealthy.org/en/resources/activity-sheets](http://www.mouthhealthy.org/en/resources/activity-sheets)

**Meals on Wheels** [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

**Medline Plus, U.S. National Library of Medicine** [www.medlineplus.gov](http://www.medlineplus.gov)

For information on recipes go to [www.medlineplus.gov/recipes](http://www.medlineplus.gov/recipes)

**National Alliance on Mental Illness (NAMI)** [www.nami.org](http://www.nami.org)

For News in Health [www.newsinhealth.nih.gov](http://www.newsinhealth.nih.gov)

**National Institute of Mental Health** [www.nimh.nih.gov](http://www.nimh.nih.gov)

**Nutrition.gov, U.S. Department of Agriculture** [www.nutrition.gov](http://www.nutrition.gov)

For information on recipes go to [www.nutrition.gov/topics/shopping-cooking-and-food-safety/recipes](http://www.nutrition.gov/topics/shopping-cooking-and-food-safety/recipes)

**Prevent Child Abuse America** [www.preventchildabuse.org](http://www.preventchildabuse.org) (and local chapters)

**Presidential Youth Fitness Program** [www.pyfp.org](http://www.pyfp.org)

**Plant a Row for the Hungry Campaign** [www.gardencomm.org/StartPARCampaign](http://www.gardencomm.org/StartPARCampaign)

**Special Olympics** [www.specialolympics.org](http://www.specialolympics.org)

**Substance Abuse and Mental Health Services, U.S. Department of Health and Human Services** [www.samhsa.gov](http://www.samhsa.gov)

**U.S. Food and Drug Administration's Office of Women's Health**

For free publications on women’s health go to [www.orders.gpo.gov/fda-womens-health.aspx](http://www.orders.gpo.gov/fda-womens-health.aspx)

**Vaccines.gov, U.S. Department of Health and Human Services** [www.vaccines.gov](http://www.vaccines.gov)

For toolkits on vaccines go to [www.vaccines.gov/resources/videos\\_and\\_tools/toolkits](http://www.vaccines.gov/resources/videos_and_tools/toolkits)





## **AWARDS**

GFWC recognizes State Federations for outstanding projects and clubs for creative projects in implementing effective Health and Wellness Community Service Program projects and Affiliate Organization 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 Award Program. Each State Federation may submit one State Award Entry and one Club Creativity Award Entry for the Health and Wellness Community Service Program projects. Clubs do not submit entries directly to GFWC.



Refer to the Awards section of the *Club Manual* for more information, including the Award Entry Cover Sheet guidelines.

## **RESOLUTIONS**

**To be added after 2022 Annual Convention**

