**HEALTH AND WELLNESS COMMUNITY SERVICE PROGRAM**

**Port Softies**

The Lamoille Women’s Club (NV) searched the internet and found a sewing pattern for “Port Softies,” a pad with straps that attaches to seat belts to distribute pressure over the area of a chest port used by chemotherapy patients. The four club members sewed 24 Port Softies and donated them to Ronald McDonald House Charities.

**Vision and Hearing Screening for Children**

Silver City Woman’s Club (NM) members traveled to schools in two counties to screen 468 children for vision and referred 79 to local eye doctors. Club members also evaluated the hearing of 136 Head-Start children.

**No Food Waste**

Circleville Junior Women's Club (OH) members met twice a month to work with local farmers and gardeners to pick up and deliver extra produce to the county food bank. Through the season these items included 40 dozen ears of corn, 300 pounds of tomatoes, 240 pints of blackberries, 50 pounds of cucumbers, 60 pounds of squash, 50 watermelons, 40 pounds of peaches, and 60 pounds of apples.

**Colorful Pillowcases for Children**

Chambers Bay Women’s Club (WA) connected with Ryan’s Case for Smiles to provide colorful pillowcases to children battling cancer in the hospital. Club members donated 100 yards of fabric and then cut, sewed, pressed, and bagged the completed pillowcases, which are taken home by the children upon leaving the hospital.

**Spreading Love with Meals on Wheels**

GFWC Legacy (AL) sponsored a placemat art competition at one of the local Title 1 elementary schools and treated participating children to a trip to Chick-fil-A. Ninety-three Valentine-themed placemats created by the children were laminated and delivered by Meals on Wheels drivers to brighten their clients’ Valentine’s Day.

**Free, Unbiased Medicare Counseling and Elder Care**

The GFWC High Springs New Century Woman’s Club (FL) hosted a workshop for their community with Elder Options, the state-designated area agency on aging. In addition to individual Medicare counseling, there were presentations on fall prevention, abuse in later life, caregiver training and support, diabetes empowerment education, and more. Participants were even able to enjoy a tai chi mini class. Snacks were available during breaks and transportation and homebound options were offered.

**Operation Cuddly Comfort for Alzheimer’s Patients**

The Woman's Club of Point Pleasant (NJ) collected donations and funds raised through Facebook to provide 36 dolls for Alzheimer's and dementia patients. Club members prepared the dolls with a blanket and change of clothes and created a birth certificate for each.

**Yes....You Can Be Too Old**

The GFWC North Pinellas Woman’s Club (FL) partnered with an organization that helps teens and young adults who have aged out of foster care build critical life skills, including cooking healthy meals and budgeting their finances. Members donated pots and food and taught a cooking class via Zoom. They also donated duffel bags, backpacks, and books about the body and healthy eating.

**Laundry Love**

The GFWC Statesville Woman’s Club (NC) partnered with the Iredell-Statesville School System to support the McKinney-Vento program, which aids homeless students. Club members donated detergent pods as well as quarters for dryers to fund “dirty laundry days” within the school system.

**Chalk Day**

Seward Woman’s Club (NE) members partnered with Court Appointed Special Advocates and the Seward school system to host an event for children at the Civic Center. Children of all ages created sidewalk art with a purpose and message on the topic of children’s health and the students shared what their section represented. The club furnished the chalk, treats, and fun prizes.