



General Federation of Women's Clubs of Massachusetts
Elfriede Parker, President



Home Life Community Service Program 2016-2018

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The **GFWC Home Life Community Service Program** is designed to inform members of issues that affect the well-being of individuals, families, and communities by providing opportunities and resources to meet and address needs through volunteering. Through this program, clubs may develop and implement creative projects that 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.

Consider projects that address issues such as women's health, theft prevention, service dog programs, assisting people with disabilities, healthy lifestyles, and childcare issues.

Home Life Activities for Your Clubs:

Program ideas are endless. There is a LOT you can do that qualifies as a Home Life project.

- Run a community health fair and promote healthy self-esteem and self-worth.
- Organize a finance workshop for members and your community focusing on women, single parents, elders, college students.
- Work with local food banks and homeless shelters to provide needed donations, stock shelves, and provide other volunteer services.
- Work with local agencies that provide supportive services to the homeless and mentally challenged by volunteering at fundraisers and local events.
- Learn about proper medication utilization and the issues with prescription drug addiction.
- Partner with a local nursing home or mental health facility to enhance the quality of life for the elderly and disabled.
- Start an exercise group in your club, then initiate a weight loss challenge in your club and keep track of pounds lost.
- Incorporate fitness activities into your club and community activities, including walking or yoga. Sponsor a Fun Run.
- Visit the autism website to learn more about autism. Utilize the knowledge to educate others within the community.
- Plan programs on breast cancer awareness. Offer free mammograms to the needy.
- Organize clothing drives. Partner with other local agencies to distribute to the needy.

Use the 2016-2018 GFWC Club Manual Home Life Community Service Program Guide available on the GFWC website for more information - <http://www.gfwc.org/>.

GFWC PARTNERSHIPS:

Canine Companions for Independence is the oldest and largest assistance dog program providing trained dogs for children, adults, and veterans with physical disabilities. GFWC is working with Canine Companions for Independence on its Wounded Veteran's Initiative.



- **Wounded Veteran's Initiative:** Canine Companions has provided many assistance dogs to injured service men and women who are returning from the Iraq and Afghanistan wars. An assistance dog can provide the help they need to regain independence. GFWC members can:
 - Meet the Canine Companions Chapter leadership near you and see how you can work together. Arrange for a Canine Companions team to speak at your club meeting to learn more about assistance dogs and Canine Companions.
 - Raise funds to help place a dog with a veteran.
 - Promote puppy raising.
 - Contact your closest Regional Center to see if your club can fulfill any wish lists items.

Easterseals provides services to ensure that all persons with disabilities have equal opportunities to live, learn, work, and play. Easter Seals assists more than one million children and adults with disabilities and their families annually.



- Arrange for an Easterseals representative to speak at your club meeting to learn more about services for children and adults with disabilities in your community.
- April is Autism Awareness Month. Reach out to an Easterseals affiliate to get involved with Autism Awareness programs during the month of April.
- Volunteer at one of Easterseals Camps or Recreation programs.

GFWC RESOURCES:

The Heart Truth sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease.



Inside Knowledge: Get the Facts About Gynecologic Cancer campaign educates women and health care providers about the five most common types of gynecologic cancer: cervical, ovarian, uterine, vaginal, and vulvar.



ADDITIONAL RESOURCES:

- Explore options to help with **Feeding America** by going to www.feedingamerica.org and learn ways you can support in your community, state, and nation.
- Learn more about **American Cancer Society** initiatives by going to www.cancer.org.
- Promote awareness of **Diabetes** by going to www.diabetes.org and www.diabetesfoundation.jdrf.com/info/jdrf, utilize resources to help your community.
- Work to promote **Alzheimer's** disease awareness by going to www.alz.org.
- Assist in building **Habitat for Humanity** homes for those in need by going to www.habitat.org