

ISSUE 04
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HEALTH & WELLNESS CONNECTIONS

**“THE POWER OF COMMUNITY TO CREATE
HEALTH IS FAR GREATER THAN ANY
PHYSICIAN, CLINIC OR HOSPITAL”**
Mark Hyman, M.D.

Greetings

YOU DID it! Forty-Eight States submitted Health & Wellness State Award Entry reports; and Forty-two submitted Club Creativity Award Entries. **I DID** review all entries! I was touched and moved; and extremely overjoyed to read what all of you have accomplished in your Communities.

Here are the statistics: 7,795 projects; 629,569.5 Volunteer Hours; \$1,847,995.00 Dollars Donated; and \$1,635.742.28 in Donations in Kind!

I participated in the May Yellow Tulip “How to become a Volunteer” zoom meeting. It was inspiring; and the information they have available for what you can do to “Smash the Stigma” on mental health for young adults and children is worthwhile. The main message that struck me is the best advocates to make a difference are YOUTH reaching out and engaging the entire Community. This would be an ideal 2025 project for GFWC Juniorette Clubs.

The 2025 GFWC Annual Convention was GREAT. The speakers were excellent; and there was a definite connection to Health & Wellness. The CSP Workshop generated lots of new ideas, which have been posted to the Convention Events portal.

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Reminders:

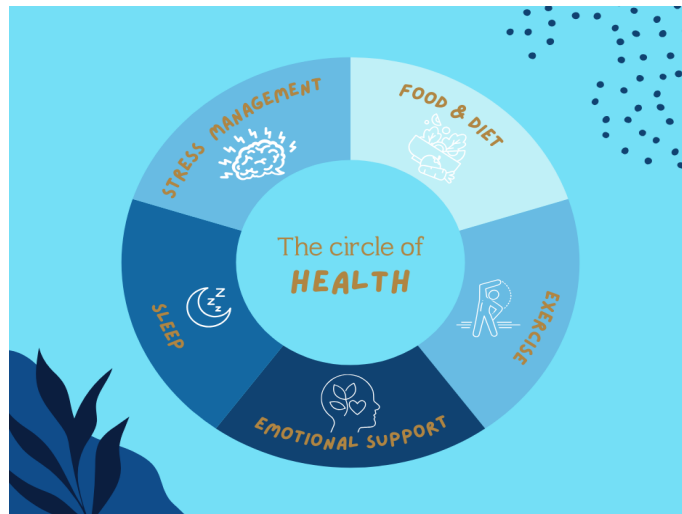
Take Legislative Action: Sign-up Now:
This is VERY important with potential reductions in Health & Wellness program funding . The Legislative & Policy Committee did an excellent job presenting new and updating existing resolutions.

You may also, reach out to your State representatives to ensure that funding related to Women & Children’s health prevention and cures, and access to nutritious food for all continues.

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Community Connection Initiative



Now with warmer weather (at least for us Montana folks) is the time to get outside and exercise. Enjoying the outdoors sunshine, scenery, trees, flowers, and friends is good for you or a caregiver's physical wellbeing. While you may enjoy to go at your own pace, consider reaching out to someone who may not want to exercise alone. Our community has a group of women "WOWs" Women Out Walking" who meet at various trails to hike in our valley and mountains. There is an advantage in Madison County to go in groups so that the Bears can hear you coming! Remember to stay hydrated.

Organize a group to walk in a 4th of July parade, or volunteer for an organized fundraising event such as Alzheimer's Association (register your State, Club, District or yourself as a GFWC national team member—in the Member Portal - Resource—Alzheimer's—be sure to add GFWC to your Club—State or District name. Do display our GFWC Brand - banners, signs and clothing.

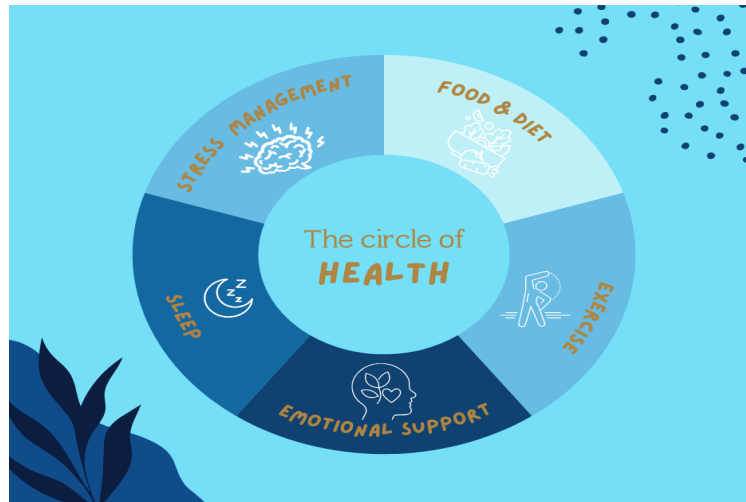
Arts, Crafts and Music are also great stress relievers . If your community offers music, dance or theatrical plays in the park or indoors, take advantage of it. Remember my message in the last issue regarding "Social Prescribing" for a Health for every BODY.

Volunteering is rewarding. In addition to my GFWC activities; I am the President of the Ennis Senior Center Board of Directors, and serve on the Madison County Senior Advisory Board. We recently had a volunteer appreciation event to thank those who deliver meals, assist in the kitchen; greet patrons, serve meals and organize activities. We are very grateful for the financial support provided by our GFWC Madison Valley Woman's Club, especially with the uncertainty of federal funding.

The Senior Center is in close proximity to the school. Two 5th Grade classes came on a different day during lunch. Each student read a poem they had written, and showed a picture they had drawn, which illustrated their poem. Both the presenters and seniors enjoyed the program. The students spent time socializing with the seniors at the end, basking in the compliments they received. The two teachers (both new) indicated they would definitely have entries for the Writing Contest next year—Look Out!



Community Connection Initiative



Caregiver Authority

And The Critics Say

A friend shared the recent criticism while struggling to care for her husband. Already reeling from significant heartache resulting from her husband's condition, the scolding rocked her.

“You should've done _____”

All too many spectators feel emboldened to offer “advice” to caregivers shouldering the challenges of caregiving. Sometimes, non-caregivers bypass advice and go straight to criticizing. I suppose it saves time.

As a rule, the best opinions to heed usually come from those possessing training and education relating to the impairment of your loved one. Almost forty years as a caregiver has taught me an additional rule: the best counsel regarding your journey as a caregiver often comes from those with credible experience. There remains no shortage of opinions from those not doing the work. Those criticisms, if allowed, can wound the soul of a caregiver struggling to do their best.

When tempted to let critics assess your value as a caregiver by job performance, be fair and look at your attendance record. You keep showing up to care. Critics only show up to judge.

“ The credit belongs to the man who is actually in the arena, who face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is not effort without error and shortcoming; but who does actually strive.” - Theodore Roosevelt

Peter Rosenberger hosts the nationally syndicated radio program, Hope for the Caregiver and has served as a caregiver for his wife, Gracie for four decades. www.peterrosenberger.com



Awareness Months & Resource Link

July Awareness

Sarcoma & Bone Cancer
Minority Mental Health
UV Safety Awareness
Cord Blood Awareness,
Healthy Vision
International Group B Strep
Juvenile Arthritis Awareness
National Cleft & Craniofacial Awareness and Prevention

August Awareness

National Immunizations
Psoriasis Action (awareness and support)
Children's Eye Health and Safety

September Awareness

Childhood Cancer & Newborn Screening Awareness
Leukemia & Lymphoma
Ovarian Cancer
Uterine Cancer
Prostrate Cancer
Thyroid Cancer

Links: "Search the name of "disease Awareness" for information



Project Planning Template

The attached planning template was used during the Convention CSP workshop. I wanted to share with those of you who were unable to attend the workshop. Use it to plan a new project; or to “amp up” and re-invent a project. Begin by describing an existing project or a new idea. Form Teams. Brain storm, fill in the boxes, and follow the arrows.



GFWC Community Service Programs Workshop

Sunday, June 8, 2025

Program focus area:

- Arts and Culture
- Civic Engagement & Outreach
- Education and Libraries
- Environment
- Health and Wellness

