

GFWC of North Carolina Health and Wellness Community Service Program Top Ten Projects - 2022

Cary Woman's Club: The Caring Place- This club contributed household items to The Caring Place, a local non-profit that teaches homeless, working families, life skills for attaining independent living while providing short-term housing and support services. Items donated included coffee pots, silverware, casserole dishes, bed linens, and drapes. Some club members volunteered as mentors or in other capacities. The Caring Place Director spoke at one of the general meetings to educate members on its services. Club members contributed \$795 in gift cards for groceries, gas, and gifts for the holidays. **29 MEMBERS 44 HOURS \$795 DONATED \$550 IN-KIND DONATIONS**

Charlotte Woman's Club: Fighting Food Insecurity- The mission of the Uptown Farmers Market is to engage neighbors around locally grown, fresh foods to support local farmers, educate on healthy eating, and address food insecurity in the Charlotte community. The club donated \$5,000, providing \$294 weekly during the 34-week season to purchase produce for disadvantaged citizens. Seven members shopped the Farmers Market to support it through purchases of fresh produce, pasta and baked goods. The club also supported a new food pantry for families identified by school counselors and social workers in 9 area schools. Members collected and donated canned foods and pantry basics with a value of over \$570. **30 MEMBERS 54 HOURS \$5,250 DONATED \$570 IN-KIND DONATIONS**

The Woman's Club of Raleigh (TWCR): Dense Breast Cancer Awareness - One in 10 women with extremely dense breast tissue have a 40% diagnosis failure rate. TWCR held a virtual roundtable discussion with the Executive Director and Founder of Dense-Breast Info.org and a breast cancer patient caregiver. Members were educated on the need for better diagnostic tools, improved education, and adequate insurance coverage for additional testing, such as MRI's. The club plans to pursue the resolution through the District, State and National levels to address the need for more acceptable information at the time of initial imaging. The club adopted the Resolution, "Earlier Detection of Breast Cancer in Women with Dense Breasts" and submitted it to the GFWC-NC District to pursue this effort. **200 MEMBERS 25 HOURS \$102 IN-KIND DONATIONS**

Fuquay-Varina Woman's Club (FVWC): Keep Those Little Brains Warm- FVWC participates in the Backpack Buddies program, providing nearly 100 back packs of food items to elementary school children. Deciding that these same children may not have adequate winter accessories to stay warm, the club decided to make warm hats to "keep their little brains warm". Instead of purchasing hats, one member held a tutorial on how to knit hats using a simple hat loom kit. Kits and yarn were purchased by members who gathered to knit together, hats and friendships as they created 150 hats. Ninety-five hats were distributed in the December backpacks. Several hats were also donated to children of migrant workers during the holidays. **8 MEMBERS 1558 HOURS \$590.50 IN-KIND DONATIONS**

Wake Forest Woman's Club (WFWC): Helping Feed Those in Need- WFWC partnered with four organizations addressing food insecurity in Wake County where 10% of the population lives in poverty. Members participated with hands on activities, serving hot, nutritious meals, volunteering as an Operations Manager for the Northern Community Food Security Team, and delivering food to distribution sites. Members collected and donated over \$400 in feminine hygiene products, allowing the non-profit to divert funds to purchase additional food items. Food was delivered weekly for the Backpack Buddies

program and Meals on Wheels. Information about food insecurity was posted on Facebook for awareness and education. **27 MEMBERS 350 HOURS \$1,415 IN-KIND DONATIONS**

GFWC South Brunswick Islands (GFWC-SBI): SOUPer Bowl XIII-GFWC-SBI partnered with area potters, local restaurants, caterers, and the local newspaper for this event, raising \$13,608, with the entire proceeds distributed equally to the South Brunswick Interchurch Council Food Pantry, Brunswick Family Assistance Food Pantry, and WINGS Ministry Backpacks Full of Blessings. SOUPer Bowl XIII was held the Saturday prior to the NFL Super Bowl as a drive-through event. \$20 tickets were sold in advance and ticketholders were provided soup, bread, dessert and a handmade pottery bowl to remind them of the “Empty Bowls” in the community. Leftover soup was donated to Streetreach-HOPE for the Hopeless and to Hospice to serve family members. As part of this effort, on Friday preceding the event, an online silent auction and lunch delivery to local businesses were held. **53 MEMBERS 480 HOURS \$13,608 DONATED \$13,200 IN-KIND DONATIONS**

Henderson Junior Woman’s Club (HJWC): Back to School Collection for AIMHigh- AIMHigh-Keep Pressing is a non-profit in Vance County that is dedicated to the culture shift of health and wellness awareness post-pandemic. In an effort to help build a stronger, healthier community, HJWC partnered with AIMHigh for a back-to-school event held at a local apartment complex. Outside play, healthy snacks, conversation about overall healthy living habits and a give-away of needed items for younger students, were part of the event. The members collected toiletry, haircare, and hygiene items, as well as new socks and underwear for elementary students. **7 MEMBERS 4 HOURS \$125 IN-KIND DONATIONS**

Mebane Woman’s Club: Mebane Trail Rangers- The posting of a picture of a Mountains-to-Sea Trail hiker was a club initiative that became a town focus as many Mebanites were unaware that the MST passed through historic downtown Mebane. A club member contacted the Friends of the MST and inquired about the installation of trail signs and becoming a trail town. This resulted in the birth of Mebane Trail Rangers, supporting, and maintaining 8 trails in Mebane, in addition to the MST. The Mebane Woman’s Club initiative has grown into a community club, open to all, with a commitment to Justice, Equity, Diversity, and Inclusion. Five members of the club were instrumental in starting the Mebane Trail Rangers, with support and participation expanding to all members through monthly meetings, leading hikes and presentations, and fundraising. **12 MEMBERS 600 HOURS \$2,567 DONATED**

Camden Woman’s Club: Bra-Ha-Ha. The club participated in the Chesapeake Regional Hospital’s annual Bra-Ha-Ha event, an “uplifting” campaign to help provide breast cancer services to eligible uninsured and under-insured women. The event celebrates survivorship and artistry. The club’s entry, one of 48 participants was entitled “From the Mountains to the Sea” honoring the GFWC-NC President’s Special Project. They decorated a 38-C bra with items that represented the NC mountains, the ocean and the outdoors. The entries were posted on Facebook and the public could pay \$1 per vote to pick their favorite. Bras were displayed for a week, prior to the awards gala, attended by 9 members. **9 MEMBERS 80 HOURS \$ 555 DONATED \$255 IN-KIND DONATIONS**

Fuquay-Varina High School Junioresettes: Feminine Hygiene Drive- Due a policy change at school, Junioresette members saw a need for feminine hygiene items in the school’s bathrooms. FVJWC assisted with the collection of feminine hygiene products at a club meeting. Together the clubs collected \$100 of tampons, pads, and panty liners. The Junioresettes maintain a basket in several school bathrooms to provide a safe and discreet solution to needs that may arise. **11 MEMBERS 20 HOURS \$100 IN-KIND DONATIONS**