



Juniors Have HEART!



Home Life/Health & State Project Wrap-up

Convention 2008
Kimmie Holt
www.jerseyjuniors.com

As the two years wind down with our State Project, Children's Specialized Hospital Foundation, I want to remind everyone what a great organization this has been to support. Not only do they provide the care needed for the patients, but also for the families. The Family Resource Center that the Junior Membership has helped make a reality, will be a comfort for families year after year. Visit the New Brunswick facility and see the fruits of your labor these past two years. I encourage you all to continue to support CSHF for years to come as well. It is a great Home Life/Health Project! Thank you everyone for a great two year effort!



Think Summertime, Summertime, Sum-Sum- Summertime!!!

Grill up Something Good for Your Heart...

- Grilling is a great way to add flavor to foods without adding fat!
- Visit the American Heart Association's Online cookbook www.deliciousdecisions.org

Sittin' Around by the Pool...

- Remember your ABCDE's of Skin Cancer
- Make teal ribbons for Ovarian Cancer Awareness Month in September

Switching Over to Summer Clothes...

- Many families could really use your gently used clothing and coats.
- Gently worn shoes are needed too (did you know there are an estimated 1.5 billion pairs of unworn shoes in American's closets?) visit www.sole4souls.org

Lemonade Stand...

- Fun for the kiddies-open an account for the kids for all their hard earned money and teach them to be *sensible* about their *dollars*...get it...
- Money collected can be donated to numerous worthwhile organizations..say CSHF...
- Childhood Cancer Awareness Month is in September-visit www.alexslimonade.org

Take Advantage of Summer School Supply Sales...

- Donate backpack kits filled with supplies for local families in need
- Adopt a classroom/donate supplies
- Send school supplies by mail www.iloveschools.com

Hey Junior Membership! I just want to take this opportunity to congratulate you all on your hard work, not only this year, but the past two years in Home Life/Health as well as State Project. You have made a difference in the lives of women through Director's Special Project by raising awareness about heart disease and through the support of numerous Women's Health Programs. You bettered the lives of families within your communities and beyond with your Helping Hands, and showed that Juniors are Sensible when it comes to their finances and protecting their identities. Finally, you showed that when Juniors come together for a common goal we can build dreams, build rainbows and one fantastic looking Family Resource Center! It has been my privilege to serve as your as your chairman-you make me proud and show that Juniors really do Have **HEART!** Mighty Mouse-out!