



Home Life/Health

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www.jerseyjuniors.com

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December~ Tis the Season for Giving...



Participate in a Toy Drive or hold one of your own to benefit children in your community.

Christmas is a time for giving and charity.

More than any other time of year, the holiday season serves as a time when people are reminded to give to those less fortunate, especially children in need of good cheer. *SecretSanta.org* is a non-profit organization that connects individuals with local toy drives-helping drive much needed support, gifts and donations to children during

the holiday season. As a club, you can either search for the nearest drive near you or you can host your own and list it on this site for others to find. Some simple steps in organizing a Toy Drive:

Step 1-Create a committee. Goods need to be sorted by age, size, gender or use and you must be able to distribute them to people in need.

Step 2-Publicize your event in your community and in the media.

Step 3-Round up volunteers to help collect, load organize and deliver the goods.

Step 4-Designate a drop off point and make sure it is well marked and supervised.

Step 5- Contact hospitals, Boys and Girls' Clubs, shel-



ters, the Salvation Army and other local organizations to find out if they're interested in receiving donations, and for guidelines in doing so.

Step 6-Determine what types of toys (gender- or-age-appropriate) and condition (gently used or brand new) are acceptable. Clarify whether toys should be wrapped before donating.

More Ideas... Check out:

www.toysfortots.org

More December Ideas:

Wish Trees, Holiday/Santa Event (accept donations in lieu of a fee), Coat Drives, Food Collections

January~ National Blood Donor Month

Blood has been called the river of life because it carries oxygen and nutrients throughout your body. Blood is essential to life, a precious gift that you can share a volunteer donor. If you could meet the people whose lives you save through blood donation, what would they look

like? And what would they say? They would be friends and neighbors right in your community. And they would look you in the eye and wish there were words more powerful than "thank you." You would know at that moment that a few things in life will make you feel this good.

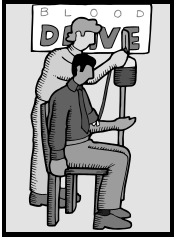
Give the gift of life. Give blood. Work with other community volunteer organizations to conduct a Blood Drive or a Volunteer Bone Marrow Drive Donor Registration through your local community blood center or the American Red Cross.

Take Note:

- DECEMBER: SEASONAL DEPRESSION AWARENESS MONTH
- DECEMBER 1-7 NATIONAL APLASTIC ANEMIA AWARENESS WEEK
- DECEMBER 3-9 NATIONAL HAND WASHING AWARENESS WEEK
- JANUARY: NATIONAL BIRTH DEFECTS PREVENTION MONTH
- JANUARY 20-26 HEALTHY WEIGHT WEEK

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Did you know that Blood Donation is NJSFWC President Mary Pat Marcello's emphasis area?

On any given day more than 6,000 men, women and children are searching the National Bone Marrow Program (NBMP) Registry for a life-saving donor. Someone in your club or community could be a match for those patients. You can help make the connection and save a life. For more information on Bone Marrow Drives visit: www.marrow.org

Home Life/Health

National Blood Donor Month Cont.

How to Organize a Blood Drive: The first step in organizing any blood drive is to contact the nearest blood bank or blood donation center. Once the blood donation center is contacted, a blood drive representative is usually assigned to help the person organizing the blood drive. The representative will ask a number of questions that will enable him or her to help the blood drive organizer plan a successful blood drive. The organizer should be prepared to answer the following questions: What is the goal or mission of the club/organization? How big is the organization and where is it located? Any additional questions that may be asked to ensure that the organizer's club meets the donor center's requirements. Once the representative has determined that an organization meets the requirements, the organizer and the blood drive representative begins to plan the actual

blood drive. Mutual goals for the drive will be established, based on the size of the group, and how many people will likely participate. A date and time for the drive will be set, and an appropriate site will be selected.

Blood donor recruiters from the local the local blood bank will likely provide materials and instructions on making the blood drive successful. The following outline provides general tips for conducting a blood drive and ensuring its success:

- Work with local blood drive representative.
- Work with executive staff/HR to provide staff with one hour of time off to donate, build a committee that includes members from all parts of the organization to get the word out.
- Advertise 2-3 weeks in advance using marketing mate-

rials and direct methods such as posters (in high traffic areas), brochures, flyers, presentations, email.

- Sign up donors and allow enough time for donors to complete the process.
- Get donors to the donation site.
- Keep in touch with donor center staff.
- Ensure donors have had adequate fluids and have eaten prior to donating.
- Follow up after blood drive by making sure the committee is thanked and blood drive's success is reported in the club's newsletter.
- Book the next drive right away! It is NEVER too early to schedule future drives.

Information courtesy of Kathleen Ferrara, NJSFWC Home Life/Social Services Chairman.



GFWC Home Life/Health Awards

Dollars and Sense Program

- Clubs: \$50 will be awarded annual to one club in the nation to recognize creativity in the Dollars and Sense Program.
- States: A GFWC certificate will be awarded to one state federation in each member-

ship category, to recognize outstanding achievement in the Dollars and Sense Program.

Women's Health Program

Clubs: \$50 will be awarded annual to one club in the nation to recognize creativity in the Women's Health Program.

- States: A GFWC certificate will be awarded to one state federation in each membership category, to recognize outstanding achievement in the Women's Health Program.

Awards are made possible by Merck & Co. Inc.

Heavenly Hats

The Heavenly Hats Foundation collects and distributes brand new hats of all kinds to those patients who lose their hair due to the treatment of cancer or other medical conditions. Since its beginnings in 2001, Heavenly Hats has distributed more than 90,000 new hats to hundreds of hospitals and clinics around the United States. Thousands more have been shipped directly to individuals.

Ways your club can support Heavenly Hats:

- Cash donations to help with the costs involved with sending the hats to all of the hospitals and patients.
- New soft hats for young boys, young girls, and ladies. Hats can be made as long as all material is new and clean.
- New bandanas and turbans.
- New small stuffed animals for the children's hat packages.

***Please note that any hat donations must be NEW**

due to the low immune systems of the recipients.* Mail your donations to: HEAVENLY HATS FOUNDATION, Attention: Anthony D. Leanna, 2325 Pamperin Rd. Suite 3, Green Bay, WI 54313.

Or contact: AN-

HONY@HEAVENLYHATS.COM, Main Office number: 920-434-4151 ext. 1400 or secondary office number: 920-362-2668 or Fax number: 920-434-1352 for more information.



Done in One Projects

Blizzard Bags: packages containing foods that do not need to be cooked. Crackers with peanut butter or cheese, applesauce, fruit cups, pudding cups, juice boxes, tuna and cookies are few ideas. Have each member bring an item to a meeting and pack in bags.

Operation Cookie/Candy:

distribute cookies and candy to the needy, the elderly and those in shelters. Homemade cookies must not be made with butter or lard. Deliver to institutions, nursing homes, veteran's hospitals, adult day care facilities, soup kitchens, ARC schools, the homebound, etc. Include a card or label noting NJSFWC-JM and

your club's name.

Collect warm clothing, including hats, mittens and scarves and school supplies for the Community Food Bank of NJ's Kids Closet.



“Don’t ever question the value of volunteers. Noah’s Arc was built by volunteers; the Titanic was built by professionals.”

unknown

Dollars & Sense~ Don't Go Phishing

Educate your members about the need to take advantage of annual free credit reports.

Be smart about the charities you support. To check the credibility of an organization BEFORE making a donation, visit Guidestar www.guidestar.org, 408 Courthouse Street, Suite 220, Williamsburg, VA 23188, Phone: 757-229-4631 or

Charity Navigator www.charitynavigator.org, 1200 MacArthur Blvd., 2nd Floor, Mahwah, NJ 07430, Phone: 201-818-1288, Fax: 201-818-4694.

Plan a club program on retirement planning and social security benefits.

Contact National Fraud Information Center/Internet Fraud

Watch, www.fraud.org or 800-876-7060, TDD 202-835-0778 for information on “phishing” or identity theft and report fraudulent spam to the Federal Trade Commission at www.spam@uce.gov



Don't fall for the bait and get hooked into giving out personal information!



Director's Special Project

Women's Heart Health

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Women and Cardiovascular Disease NJ State Facts:

- Heart disease, stroke and other cardiovascular diseases are the #1 killer of women in NJ.
- Heart disease and stroke accounted for 36.5% of all female deaths in New Jersey in 2003.
- Nearly 38 females a day die from heart disease and stroke in New Jersey in 2003.
- Heart disease and stroke killed more females in NJ than the next 4 causes of death combined in 2003.
- Heart disease alone is the leading cause of death in New Jersey accounting for approximately 30% of all female deaths in 2003.
- In 2003, 54.4% of all heart disease and stroke deaths in NJ residents occurred in females.

Hey now! This sounds a little familiar...

As part of the American Heart Association's Choose to Move initiative, they've created a Choose to Move Playbook filled with great exercises and recipes! Check it out!
<http://www.choosetomove.org/pdf/CTM%20Football%20Playbook.pdf>

Put a great defensive move on heart disease: get in the game, and tackle Heart Disease!!!



Don't Forget to visit www.jerseyjuniors.com for past bulletins filled with project ideas and information!

Chairman Challenge: Tackle Heart Disease

Jersey Juniors kicked off last season with a mission to *"Tackle Heart Disease Before it Sacks Us!"* And I am continuing to challenge every club this season to participate in my Chairman's Challenge. This Director's Special Project is about bringing awareness to women about heart disease. It is about the actions -large and small-that women like you take to protect their own hearts and support the movement to stop heart disease.



It's time for all of us to "get in the game!"

Remember the Drills

- Suit up- Go Red!
- Learn the Plays- Know Your Numbers
- Warm Up Your Heart and Track Your Progress
- Fuel Your Body with Heart Healthy Recipes
- Practice CPR
- Commit to a Healthy and Non-smoking Lifestyle
- Report Your Progress

Remember you can use the Football Tracker sheet available on the website. Just go to www.jerseyjuniors.com. Go to **"Meet State Brd/Contact Us"** and then to **"Home Life/Health."** Look for the link that says **"Football Field Tracking Sheet."** Count every 2,000 steps as 1 mile. The "hash marks" on the field represent the number of miles walked.

It's not just about raising funds...it's about raising awareness and the quality of women's lives.