GENERAL FEDERATION of WOMEN'S CLUBS
www.GFWC.org

GFWC Home Life Community Service Program

2010-2012 GFWC Club Manual

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PROGRAM PRINCIPLES

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.

The GFWC Home Life Community Service Program strengthens families and communities by creating a better quality of life for all citizens.

GFWC members have a rich history of solving problems related to home and communities with a "hands-on" approach. In the spirit of this tradition, the GFWC Home Life Community Service Program continues to provide resources to identify and address needs, particularly those related to wellness of women, children, the disabled and the elderly; hunger; housing and homelessness; personal finances; and identity theft.

PROGRAM GOALS AND OBJECTIVES

The goals for the Home Life Community Service Program are listed below in order to assist you in measuring project success and positive change in your communities. The listed objectives further outline how we can build projects that support these goals.

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Goal 1: To identify needs and educate members and communities to meet those needs with successful and innovative programming that stems from member input.	Objective 1.1: To identify needs of individuals, families and the community as a whole.
	Objective 1.2: To identify and draw attention to the available resources for strengthening families and communities.
	Objective 1.3: To develop and implement creative projects that promote a healthy lifestyle or increase awareness, prevention, research or treatment of disease; target personal development, especially for women and children; address the issues of hunger, inadequate housing and homelessness; and/or prevent or correct financial difficulties, including identity theft.
Goal 2: To integrate the elements of the Home Life Community Service Program in the community by introducing members and communities to partner organizations that improve the lives of those in need.	Objective 2.1: To promote informative and creative Home Life projects through partnerships, which benefit recruitment of new members and new clubs, especially Juniorette clubs.
	Objective 2.2: To help clubs meet the needs of communities with partnerships that promote contests, highlight beneficial projects, and educate members to use those resources available and serve as go-betweens with other groups and community members.

CALL TO ACTION

We have outlined ideas to help you in attaining the goals and objective that have been set forth in the GFWC Home Life Community Service Program, including ways to educate yourself, inform others, and create change.

Educate Yourself

- Meet with civic leaders and those who provide services to the community to assess and quantify specific needs of local citizens. Research problems in your community that are largely unaddressed, and identify the underserved in your area.
- Request information from GFWC Partners and resources, and make use of the information and assistance they provide.

- Learn about nonprofit organizations with whom your club might work or to whom your club may donate funds by visiting www.GuideStar.org.
- Visit Canine Companions' website *www.CCI.org* and request printed materials or the new Canine Companions video "Making Miracles Happen."
- Contact the Habitat Help Line at 800-422-4828 for the name and location of the Habitat for Humanity affiliate nearest you. Visit *www.Habitat.org/WB* to learn more about Women's Build Week.
- Investigate your community's adherence to the Americans with Disabilities Act and accessibility for persons with disabilities.
- Visit *www.WebMD.com*, *www.MayoClinic.com*, *www.InteliHealth.com*, *www.APTA.org*, and *http:MedlinePlus.gov* for general wellness information.
- Visit *www.ACOG.org* for information regarding women's health. The Find-A-Physician tool lets visitors search from a database of 40,000 OB-GYNs by city and offers women's health pamphlets.
- Learn basic facts about breast cancer risk factors, discover why breast cancer awareness is important, and find screening options.
- Order the free Spotlight on Shingles kit developed by Merck, in conjunction with the American Pain Foundation. Visit *www.SpotlightOnShingles*.com to order.
- Learn about symptoms of stroke that are particular to women, symptoms that may be different than those for men.
- Contact the local American Heart Association for materials and speakers.
- Investigate *www.WomensHeartFoundation.org*, *www.WomenHeart.org*, and *www.AmericanHeart.org* to learn more about heart disease, the number one killer of women.
- Investigate self-worth, the characteristics of both the healthy and the unhealthy variety at *www.toolsforlivinglife.com/self_esteem.htm* and *www.Self-Esteem-NASE.org*.
- Visit websites for weight loss assistance, including: *www.WeightWatchers.com* and *www.Prevention.com*.
- Visit *www.PandemicFlu.gov* to find information, tools, and support that will assist your club, community, and family in preparing.
- Visit *www.WiserWomen.org* to download information about the important issues surrounding women's retirement income.
- Visit *www.SocialSecurity.gov* to obtain information on retirement planning and calculation of benefits; assistance for widows, widowers, and other survivors; and instructions regarding name changes due to marriage, divorce, and other life-changing events.
- Learn about the crime of identity theft by visiting *www.FTC.gov/bcp/edu/microsites/idtheft* or *www.IDTheftCenter.org*.

Inform Others

- Share information obtained from GFWC Partners and resources with members and the community.
- Provide local working mothers and/or single parents an opportunity to network and share resources.

- Organize or participate in health fairs and forums. Use club members who are health care professionals and fitness experts as presenters.
- Create a resource list of local clinics and health centers for underserved women. Distribute the list at shelters, places of worship, and other appropriate public places.
- Educate members and community about the availability of shingles vaccine.
- Research and discuss the impact that healthy self-worth has on club meetings and activities.
- Invite an identity theft expert to speak at a club meeting. Contact the Identification Theft Resource or Center's Speakers Bureau to see if there is a speaker in your area.
- Organize financial workshops for groups such as retirees, single parents or college students.

Create Change

- Work with local food banks and homeless shelters to provide needed donations, stock shelves, and other volunteer services.
- Partner with a local nursing home or mental health facility to enhance the quality of life for the elderly and disabled.
- Partner with local hospital to present stroke outreach programs.
- Host a stroke survivor or a health professional at a club meeting to talk about the signs and symptoms of stroke and the need to seek immediate treatment.
- Download the free Heart Truth kit "The Heart Truth: A Speaker's Kit" and hold your own Red Dress event to raise awareness of heart health.
- Start an exercise group in your club, then initiate a weight loss challenge in your club and keep track of pounds lost
- Participate in the annual Accessible America competition to recognize local communities for their efforts to include people with disabilities.

Important Dates

Plan projects and events around days, weeks, and months of celebration and commemoration in the GFWC Home Life Community Service Program.

January	National Blood Donor Month
January	Cervical Cancer Awareness Month
January	National Birth Defects Prevention Month
January	National Poverty in America Awareness Month
February	American Heart Month
February	America Saves Week
February	Women's Heart Week, first week of the month
February 4, 2011	National Wear Red Day
February 3, 2012	National Wear Red Day
March	American Red Cross Month

March	National Consumer Protection Week
March 24	World TB Day
April	Cancer Control Month
April	National Financial Literacy Month
April 7	World Health Day
May	America Stroke Month
May	Mental Health Month
May	National Arthritis Month
May	Older Americans Month
July	National Retirement Planning Month
August	National Immunization Awareness Month
September	National Savings Week
September	Ovarian Cancer Awareness Month
September	National Infant Mortality Awareness Month
September	Cholesterol Awareness Month
September 21	World Alzheimer's Day
September 29, 2010	National Women's Health and Fitness Day
October	Breast Cancer Awareness Month
October	Sudden Infant Death Syndrome Awareness Month
October	National Mammography Day (third Friday in October each year)
November	National Alzheimer's Disease Month

COLLABORATIONS

Explore examples of what your fellow GFWC clubs have done around the country to implement projects related to home life in their own communities. For more information about any of the following GFWC club projects, please contact the GFWC Home Life Community Service Program Collaboration Chairman or the GFWC Programs Director.

In the GFWC Home Life Community Service Program-Collaboration, GFWC clubs will:

- Research, plan, and implement projects, programs, and advocacy based on its interests and the needs that the club members believe are important. This is the club members' opportunity to think out of the box and do it their way.
- Report. It is imperative that clubs report the projects that they have developed so that as an organization, we can better see where our members' interests lie and those statistics can be used in working with and recruiting new GFWC Partners, grants, and advocacy opportunities.
- Reporting is also important so that we can highlight and share your club's creativity and interests with our membership so that they can also be inspired to either implement a similar project or use it for inspiration for their own.

If you have a successful project that you would like to share with GFWC and your fellow members, please contact the GFWC Home Life Collaboration Chairman or GFWC Programs Director at ***GFWC@GFWC.org***.

GFWC Woman's Club of Palo Alto (California) began a new project in 2009 called "Be the Change." At each "Be the Change" evening a local, needs-based non-profit organization is invited to explain the purpose of the organization and its programs. Club members learned about volunteer opportunities and donated goods needed by the invited organization. For example, in April the "Be the Change" evening featured the Palo Altos Downtown Streets Team, which trains and employs at risk (homeless/under-housed) individuals in local maintenance occupations. Through these evenings club members have had an opportunity to see the needs in the community and respond appropriately.

GFWC/IFC ESO Tri County Woman's Reading Club (Indiana) continues to increase the aid it gives to the local food pantry. Members help stock the shelves, pack bags of select food items that are distributed to needy families, and help prepare kits of food for special occasions. Volunteers prepare food for Thanksgiving and Easter, and Kid kits to ensure that families and children have adequate food for the holidays. The club members also bring food and paper products to meetings, which are then donated to the food pantry.

GFWC Prestonburg Woman's Club (Kentucky) teamed up with the city of Prestonburg and Archer Park to make Christmas a little brighter for local children by hosting Christmas in the park at the Archer Park skating rink. Christmas in the Park was open to the public and over 200 children ages 12 and under attended with their families. Each child was given the opportunity meet with Santa Claus and received a gift. Other activities included face painting, coloring, games, and refreshments. This family fun event gave back to the community and to those who needed a little extra Christmas cheer. The club also branched out to help the needy animals of the community. Members donated, collected, and delivered cat and dog food to local animal shelters.

GFWC Mexico Woman's Club (Missouri) participated in a local heart disease awareness program called "Heart to Heart." Community organizers and individuals were asked to donate a purse that showed the personality of the group or individual and then these purses were auctioned to raise funds for heart research. Each member donated an item that was dear to her heart to be put in a purse fashioned by one of the members. The club was recognized at the event as a valuable contributor.

GFWC Harvey Lake Woman's Club (New Hampshire) donates to a local hospital to help women who have had breast cancer surgery. They make and deliver "comfort pillows" to the women recovering from surgery at Concord Hospital. The members bring in their sewing machines and fabric and enjoy sessions at

the club house where they sew and socialize. In one year, the club donated over 203 pillows to help recovering women battling breast cancer.

GFWC/MFWC Florentine Club of Florence (Mississippi) worked to enhance the quality of life for the mentally challenged patients at the State Hospital, for whom there were limited government funds to provide recreational and personal growth opportunities. In coordination with local merchants and artists, volunteers assisted with several unique fundraisers including a linen sale, jewelry sale, and medical uniform sale. The club also donated money for a fountain (in memory of a deceased member) and made other improvements to the grounds. Members provided magazines, clothes, and toiletries to patients throughout the year. At Christmas, they sponsored a party and provided gifts for the residents.

GFWC Woman's Club of Springfield (Virginia) initiated a Layette Project several years ago in response to the growing need of the local hospitals to provide basic supplies for mothers and their newborn babies. The club has continued to enthusiastically support this program and has been working with Fairfax Hospital and Alexandria Hospital to meet the needs of their new mothers. Members donated onesies, diapers, bottles, socks, receiving blankets, and burp cloths. In addition, members crocheted, knitted, and sewed blankets and quilts. The social workers at the hospitals expressed gratitude for the club's interest in meeting the needs of these new mothers.

PARTNERS

GFWC Partners are organizations that operate at the national or international level and offer unique and customized services such as project materials, speakers, kits, and/or additional information specifically designed for GFWC clubs to enhance the effectiveness of the GFWC Community Service Programs and Special Projects within their communities. These partners are aware of GFWC clubs' specific needs and our club structure.

These GFWC Partners will assist in monitoring the donations generated by GFWC members. To ensure that your donation, whether at the individual, club, district, or state level, is included in the GFWC total, please make sure to:

1. Write on your check that you are a GFWC member or club.
2. Submit your check to the GFWC Partner contact listed in the *GFWC Club Manual*, even if it has a local or state representative.
3. Notify GFWC of your donation by calling or e-mailing GFWC Programs Director at 202-347-3168 or ***GFWC@GFWC.org***.

If you have any questions regarding donations to GFWC Partners, please contact the GFWC Home Life Community Service Program Partnership Chairman or GFWC Programs Director at ***GFWC@GFWC.org***.

Alzheimer's Association | *www.ALZ.org*

225 North Michigan Avenue, Floor 17 | Chicago, IL 60601

P: 312-335-8700 | F: 1-866-699-1246

Contact: Lauren Fritz | P: 312-335-5828 | E: *Lauren.Fritz@ALZ.org*

The Alzheimer's Association is the leading voluntary health organization on a mission to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Ways to get involved in the fight against Alzheimer's disease:

- Increase your knowledge of Alzheimer's disease and spread awareness by obtaining informational brochures and other promotional materials from the Alzheimer's Association.
- Host a fundraising event in support of the 5.3 million Americans living with Alzheimer's disease.
- Observe World Alzheimer's Day on September 21.
- Join the Alzheimer's Association for Memory Walk by creating a team or participating as a volunteer.
- Work with a local nursing, convalescent, care, or rest home to help support residents with Alzheimer's, by having your club become a special "Angel" to a resident with no family members; provide or organize music programs for residents; send cards or flowers on special occasions; or donate memory dolls, which help soothe patients.

Canine Companions for Independence | *www.CCI.org*

PO Box 446 2965 Dutton Avenue | Santa Rosa, CA 95402

P: 707-577-1700 | P: 866-224-3647

Contact: Bob Bunger | E: *BBunger@CCI.org*

Canine Companions for Independence is a nonprofit agency dedicated to placing highly trained assistance dogs with professional caregivers and people with disabilities, and ensuring the success of the working team through continued follow-up. Canine Companions offers a variety of volunteer opportunities, from being a puppy raiser to sponsoring fundraising and community awareness events. Supporting Canine Companions programs promotes independence for persons with disabilities.

GFWC is working with Canine Companions for Independence on its Wounded Veteran's Initiative. Canine Companions for Independence has provided many assistance dogs to injured service men and women who are returning from the Iraq and Afghanistan wars. For a veteran making a new start putting their life back together from an injury, an assistance dog can provide the help they need to regain independence.

GFWC members can:

- Increase club and community awareness about assistance dogs and their benefits, including making wounded veterans in their communities aware of the services offered by Canine Companions.

- Set up an information booth at a health fair, mall, or school to distribute literature from Canine Companions.
- Request printed materials or the new Canine Companions video "Making Miracles Happen" and use them at a club or community meeting.
- Visit Canine Companions' website *www.CCI.org* for video and public service announcements you can share.
- Encourage club and community involvement in Canine Companions activities.
- Become a Canine Companions puppy raiser.
- Start a fund to provide one of nine sponsorship opportunities.

Canine Companions for Independence will present a certificate of appreciation to each club that supports the Canine Companions program. Award presentations will be made at the GFWC Annual International Convention (June 2011, and June 2012).

Canine Companions for Independence will present a special award to one state in each membership category annually to recognize outstanding support of its projects. Award presentations will be made at the GFWC Annual International Convention (June 2011, and June 2012).

Easter Seals | *www.EasterSeals.com*

230 West Monroe, Suite 1800 | Chicago, IL 60606

P: 312-221-6827 ext. 7136 | P: 312-551-7136

Easter Seals 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 through a nationwide network of more than 550 service centers. Each center provides top quality, family focused, and innovative services tailored to meet the specific needs of the community it serves.

- Contact Easter Seals for information about sewing occupational therapy vests for children. Increase club and community awareness about Easter Seals and services for individuals with autism and other disabilities.
- Raise funds for Cartridges for Kids Recycling, an Easter Seals recycling program that pays schools and nonprofit organizations for empty laser and inkjet cartridges, used cell phones, laptops, PDAs, and iPods.
- Support Easter Seals with donations.

Habitat for Humanity International | *www.Habitat.org*

121 Habitat Street | Americus, GA 31709

P: 229-924-6935 ext. 3079 | Toll Free: 800-HABITAT (422-4828) | F: 229-924-0577

Habitat for Humanity is a nonprofit, ecumenical housing ministry that seeks to eliminate poverty, housing, and homelessness from the world, and to make decent shelter a matter of conscience and action. Founded in 1976, Habitat for Humanity has built approximately 25,000 houses around the world, providing more than one million people with safe, decent, affordable shelter. Habitat invites people from all walks of life to work together to help build houses with families in need.

Habitat for Humanity's Women Build volunteer program is an option for club members who want to learn construction skills and make a difference by building homes and communities. Women Build projects are regularly held by Habitat affiliates across the United States, and by Habitat organizations around the world.

GFWC members can:

- Call the Habitat Help Line at 800-422-4828 for the name and location of the Habitat affiliate nearest you.
- Contact your local Habitat for Humanity affiliate for information regarding possible volunteer activities.
- Celebrate Women's Build Week. Devote at least one day to the effort to eliminate poverty housing. To learn more, go to *www.Habitat.org/wb*.
- Increase club and community awareness about Habitat for Humanity.
- Volunteer to work on a Habitat for Humanity house in your community.
- Collaborate with other service organizations in building a Habitat for Humanity house in your community.

March of Dimes Birth Foundation | *www.MarchOfDimes.com*

1275 Mamaroneck Avenue | White Plains, NY 10605

P: 914-997-4541 | F: 914-997-4686

Contact: Rebecca Smith | E: *RSmith@MarchOfDimes.com*

The March of Dimes is a nonprofit, voluntary health organization committed to improving the health of babies by preventing birth defects, premature birth and infant mortality. The March of Dimes helps moms have full-term pregnancies and healthy babies. And if something goes wrong, they offer information and comfort to families. GFWC and March of Dimes have worked together on improving the health of babies for over 65 years.

Current March of Dimes projects include:

- Baskets for Babies: GFWC members can provide assemble a basket of much-needed items, including a donation to the March of Dimes, for families in their local Neonatal Intensive Care Unit by participating in the GFWC signature Baskets for Babies Program. Items will provide support and

comfort to moms, dads, siblings, and babies in the NICU. The March of Dimes will recognize local GFWC members for their participation in the Program.

- March for Babies: Join one of America's favorite walking events. When GFWC walks in March for Babies, we'll be giving hope to the more than half a million babies born too soon each year. The money we raise supports programs in your communities that help moms have healthy, full-term pregnancies. To find an event in your community, start, or join a team, go to *www.MarchOfDimes.org/GFWC*.
- Prematurity Awareness Month & Day: Prematurity has been escalating steadily and alarmingly over the past two decades. One out of eight babies is born prematurely in the United States. Preterm delivery can happen to any pregnant woman. Get involved with prematurity awareness efforts in your community. GFWC members can contact the March of Dimes at the address above to get involved so that one day every baby will be born healthy.
- Teen2Teen: Youth play a critical role in March of Dimes' mission by raising funds and by educating themselves and their peers about important health messages that can affect the outcome of pregnancies in the future. Use March of Dimes' youth curriculum in your Juniorette club or provide the materials to a local high school to help elaborate on the messages in the Teen-2-Teen youth health program *www.MarchofDimesYouth.org*
- Other ways you can help:
  - Increase awareness to issues related to birth defects, premature birth, and infant mortality.
  - Invite health experts to a club or community meeting to discuss various health topics such as the necessity of pre- and post-natal care, healthy problems, and risks surrounding teen pregnancy and the use of drugs and alcohol during child-bearing years.
  - Encourage club and community members to become involved in the work of the March of Dimes.
  - Observe Prematurity Awareness Month each November, and Prematurity Awareness Day, November 17.

March of Dimes will present a special award to one state in each membership category annually to recognize outstanding support of its projects. Award presentations will be made at the GFWC Annual International Convention (June 2011, and June 2012).

National Heart Lung and Blood Institute | *www.NHLBI.NIH.gov/Educational/Hearttruth/*

NHLBI Health Information Center | Attention: Web site | PO Box 30105 | Bethesda, MD 20824-0105

E: *NHLBIInfo@NHLBI.NIH.gov* | P: 301 592 8573 | TTY: 240-629-3255 | F: 240-629-3246

To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute and partner organizations are sponsoring a national campaign called The Heart Truth®. The campaign's goal is to give women a personal and urgent wakeup call about their risk of heart disease.

The campaign is especially aimed at women ages 40 to 60, the age when a woman's risk of heart disease starts to rise. But its messages are also important for younger women, since heart disease develops gradually and can start at a young age-even in the teenage years. Older women have an interest too—it's never too late to take action to prevent and control the risk factors for heart disease. Even those who have heart disease can improve their heart health and quality of life.

GFWC members can download the Heart Truth Online Toolkit, which contains all of the information, ideas, and materials you need to plan your own Heart Truth event.

National Osteoporosis Foundation | *www.NOF.org*

1150 17th Street NW, Suite 850 | Washington, DC 20036

P: 800-231-4222 | F: 202-223-2237

Contact: Kris Blanchette | E: *Kris.Blanchette@NOF.org* | P: 202-721-6376

The National Osteoporosis Foundation is the leading consumer and community-focused health organization dedicated to the prevention of osteoporosis and broken bones, the promotion of strong bones for life and the reduction of human suffering through programs of public and clinician awareness, education, advocacy and research.

Together NOF and GFWC are working on:

- A Gift from Mothers to Daughters: GFWC members can host a luncheon celebrating one of the most important gifts that generations of women have passed on to their families: the gift of knowledge about health – especially information about lifelong bone health and osteoporosis prevention, detection and treatment. Find our more at *www.NOF.org/Gift*.
- Strong Voices for Strong Bones®: Join the thousands of strong voices for strong bones in the fight against osteoporosis by becoming a member of the Healthy Bones Advocacy Network. We give you the tools to reach out to policy makers to highlight the importance of osteoporosis and bone health and help advance NOF's public policy goals. Join now at *www.NOF.org/Advocacy*.
- Pearls of Strength®: Consider purchasing a Pearls of Strength® bracelet made of genuine, fresh-water, white, cultured 8-9mm with a sterling silver heart clasp—a beautiful way to remind those you love to cherish their bones throughout their lifetime. Funds raised from the sale of Pearls of Strength® bracelets help NOF promote its programs of awareness, education, advocacy, and research.
- Steps for Strong Bones®: Start taking Steps for Strong Bones and join a national effort to improve the nation's bone health. GFWC members that join Steps for Strong Bones are helping to bring hope to the estimated 44 million Americans who have osteoporosis or low bone density, placing them at increased risk for the disease. The money raised helps NOF promote strong bones for life through programs of public and clinician awareness, education and advocacy. Find an event or join at *www.NOF.org/Steps*. Other ways you can help:

- Invite health experts to a club or community meeting to discuss various health topics such as proper nutrition and exercise for lifelong bone health, the importance of osteoporosis testing, risk factors for osteoporosis, and fall prevention measures you can take and the negative impact of smoking, excessive drinking and inactivity on bone health.
- Observe National Osteoporosis Awareness and Prevention Month in May every year. Contact NOF for campaign information that can be used to increase awareness of osteoporosis and promote healthy bones in your community.

o Order a free resource packet from the National Osteoporosis Foundation by contacting the NOF representative.

Women's Institute for a Secure Retirement | *www.WiserWomen.org*

1146 19th Street NW, Suite 700 | Washington, DC 20036

P: 202-393-5452

Contact: Lara Hinz | E: *Info@WiserWomen.org*

The Women's Institute for a Secure Retirement is a nonprofit organization that helps women, educators and policymakers understand the important issues surrounding women's retirement income. WISER works to provide low- and moderate-income women with basic financial information aimed at helping them take financial control over their lives. We also work to increase awareness of the structural barriers that prevent women's adequate participation in the nation's retirement systems. Learn more at *www.WiserWomen.org*.

Together, WISER and GFWC are working to arm women's clubs across the country with unbiased and actionable financial education for their constituents. All of our publications, fact sheets and newsletters are available for download online. Contact Lara Hinz for bulk orders. Available publications include:

- A Simple Guide to What Everyone Needs to Know About Money and Retirement (available in English and Spanish)
- Seven Life Defining Financial Decisions (available in English and Spanish)
- Making Your Money Last a Lifetime-Why You Need to Know About Annuities
- Your Future Paycheck: What Women Need to Know About Pay, Social Security, Pensions and More
- Don't Run With Your Retirement Money: Understanding Your Resources and How Best to Use Them

WISER is available to train GFWC leaders to conduct financial education workshops for their local members. The workshop, Your Future Paycheck, focuses on the unique needs of women in retirement, sources of retirement income, and investment basics. Please contact Lara Hinz if you are interested in the training.

An opportune time of year to conduct financial education workshops or advertise the availability of our financial education publications is during America Saves Week (February), National Consumer Protection Week (March), International Women's Day (March), National Financial Literacy Month (April), Older Americans Month (May), National Retirement Planning Month (July) and National Savings Week (September).

Women across the country need help to protect themselves from a life of poverty in retirement. Together, the GFWC and WISER can help steer thousands of women onto a safer path.

RESOURCES/ADDITIONAL INFORMATION

Additional resources, including a listing of governmental agencies and non-governmental organizations are provided to assist you in researching and creating your projects.

Governmental

National Cancer Institute | *www.Cancer.gov*

The Cancer Information Service, funded largely by the National Cancer Institute, provides information specialists who can tell callers the latest state-of-the-art treatment for a particular cancer; information on clinical trials; and tools for detection, prevention, diagnosis, and support groups.

- You can read NCI publications free online, order printed copies, or print your own booklets. For help with ordering: 800-4-CANCER (800-422–6237)
- Looking for information on cancer clinical trials? Learn what clinical trials are, find noteworthy results or search NCI's list of 8,000+ clinical trials now accepting participants at *www.Cancer.gov/ClinicalTrials*.

National Institute of Neurological Disorders and Stroke | *www.NINDS.NIH.gov*

Order materials by calling the National Institute of Neurological Disorders and Stroke information clearinghouse at 1-800-352-9424 or visiting *www.Stroke.NIH.gov/Materials/Toolkits.htm*. Materials are free of charge. Be sure to identify yourself as a GFWC club.

National Women's Health Information Center/Office on Women's Health/U.S. Department of Health And Human Services | *www.WomensHealth.org*

The National Women's Health Information Center, a service of the Office on Women's Health, was established in 1991. Its mission is to provide leadership to promote health equity for women and girls through sex/gender-specific approaches. The strategy OWH uses to achieve its mission and vision is through the development of innovative programs, by educating health professionals, and motivating behavior change in consumers through the dissemination of health information. Order free publications, by calling 1-800-994-9662. You may also view and print many of their materials directly from *www.WomensHealth.gov/pub*.

Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services | *www.ODPHP.OSOPHS.DHHS.gov*

Created by Congress in 1976, the Office of Disease Prevention and Health Promotion (ODPHP) plays a vital role in developing and coordinating a wide range of national disease prevention and health promotion strategies. Visit ODPHP for a variety of health activities such as:

- Dietary Guidelines for Americans—Published jointly with the U.S. Department of Agriculture every five years since 1980, this publication is the statutorily mandated basis for Federal nutrition education activities. Visit *www.Health.gov/DietaryGuidelines*.
- Healthfinder®—Healthfinder® is the Government's premier gateway website linking consumers and professionals to over 5,500 health information resources from the Federal Government and its many allies. Visit *www.HealthFinder.gov* for detailed information.
- Healthy People 2010—Healthy People 2010 presents a comprehensive set of disease prevention and health promotion objectives developed to improve the health of all people in the United States during the first decade of the 21st century at *www.HealthyPeople.gov*.

Social Security Administration | *www.SocialSecurity.gov*

Visit the Social Security Administration's website and explore.

- Plan your retirement and calculate your benefits.
- Learn about disability and social security.
- Find tools for widows, widowers, and other survivors.
- Get help with name changes due to marriage, divorce, and other life-changing events.
- Request a Social Security speaker for a club meeting.

Non-Governmental

American Cancer Society | *www.Cancer.org*

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

American Heart Association | *www.Heart.org*

The American Heart Association is a national voluntary health agency whose mission is: Building healthier lives, free of cardiovascular diseases and stroke. The association's impact goal is to reduce coronary heart disease, stroke and risk by 25 percent by 2010. Progress toward the goal will be measured according to these indicators.

Annual Credit Report.Com | *www.AnnualCreditReport.com*

This site was set up by the big three credit reporting agencies in the United States, Equifax, Experian and TransUnion, to furnish free annual credit reports, once every 12 months from each of the

nationwide consumer credit reporting companies. To dispute information in your credit report or for problems with the Credit Reporting Agencies, you must contact Equifax, Experian, or TransUnion directly.

Council of Better Business Bureaus | *www.BBB.org.us*

BBBs gather and report information on business reliability, alert the public to frauds against consumers and businesses, provide information on ethical business practices, and act as mutually trusted intermediaries between consumers and businesses to resolve disputes.

Charity Navigator | *www.CharityNavigator.org*

Charity Navigator, America's premier independent charity evaluator, works to advance a more efficient and responsive philanthropic marketplace by evaluating the financial health of over 5,500 of America's largest charities.

Consumer Privacy Guide | *www.ConsumerPrivacyGuide.org*

Sponsored by several different organizations, the Consumer Privacy Guide gives you useful tips for protecting your privacy and helps you take control of the way your information is used. It attempts to answer your questions, in consumer friendly, practical terms, about what you can do to assure that information that you choose to share with companies is used in ways you believe are appropriate. This site will explain terms used on the Internet that may be unfamiliar to you, provide "how-to guides to understanding privacy resources and technologies, and point you toward other helpful resources.

Fighting Back Against Identity Theft/Federal Trade Commission |
www.FTC.gov/bcp/edu/microsites/idtheft

This website is a one-stop national resource to learn about the crime of identity theft. It provides detailed information to help you deter, detect, and defend against identity theft. On this site, consumers can learn how to avoid identity theft–and learn what to do if their identity is stolen. Publications include:

- To Buy or Not To Buy: Identity Theft Spawns New Products and Services To Help Minimize Risk
- Take Charge: Fighting Back Against Identity Theft

Guidestar | *www.GuideStar.org*

Guidestar gathers and publishes information about nonprofit organizations including mission, programs, leaders, goals, accomplishments, and needs—for free. They combine the information that nonprofits supply with data from several other sources to help donors, funders, researchers,

educators, professional service providers, governing agencies make sound decisions regarding their public and philanthropic charity.

The Heavenly Hats Foundation | *www.HeavenlyHats.com*

Heavenly Hats is a nonprofit organization that donates hats to cancer patients who lose their hair due to cancer or other medical conditions. Heavenly Hats was started by a 10-year old trying to lift his grandmother's spirits as she underwent chemotherapy. The hats are intended to help make patients feel better about themselves and give them added courage in their battles against cancer.

- Visit the Heavenly Hats website at *www.HeavenlyHats.com* and request a hat package.
- Donate hats. Patients prefer soft bucket- or newsboy-style hats, scarves, turbans, and bandanas, although baseball-type hats and others are acceptable. Hats must be new due to the low immune systems of patients.
- Support Heavenly Hats with donations to be used for shipping purposes.

Identity Theft Resource Center | *www.IDTheftCenter.org*

Identity Theft Resource Center® is a nonprofit, nationally respected organization dedicated exclusively to the understanding and prevention of identity theft. The ITRC provides victim and consumer support as well as public education. The ITRC also advises governmental agencies, legislators, law enforcement, and businesses about the evolving and growing problem of identity theft.

- Educate club and community members about identity theft. Contact *www.ConsumerPrivacyGuide.org*, the Federal Trade Commission, or the National Consumer League for information.

Myfico.com | *www.MyFico.com*

Learn about FICO scores, a tool that helps lenders assess consumer risk of credit default. Visit *www.MyFico.com* (a commercial site) and select Credit Information.

The National Breast Cancer Coalition | *www.StopBreastCancer.org*

NBCC's mission is to eradicate breast cancer, the most common form of cancer among women in the United States, by focusing the administration, U.S. Congress, research institutions and consumer advocates on breast cancer. The Coalition informs, trains, and directs patients and others in effective advocacy efforts, including participating in legislative, scientific and regulatory decisions.

National Consumer's League | *www.NCLNet.org*

The National Consumers League is America's oldest consumer organization, representing consumers and workers on marketplace and workplace issues since our founding in 1899. NCL provides government, businesses, and other organizations with the consumer's perspective on concerns

including child labor, privacy, food safety, and medication information. NCL is home to the LifeSmarts program, Child Labor Coalition, NCL's Fraud Center, and SOS Rx Coalition.

National Organization on Disability | *www.NOD.org*

The National Organization on Disability, a nonprofit organization, is dedicated to improving the lives of individuals with disabilities. Partner with the National Organization on Disability to initiate and support community programs that provide increased opportunities for people with disabilities.

National Women's Health Resource Center | *www.HealthyWomen.org*

Healthy Women is the nation's leading independent health information source for women. For more than 20 years, women have been coming to the HW for answers to their most pressing and personal health care questions. Through its wide array of online and print publications, HW provides health information that is original, objective, reviewed by medical experts and reflective of the advances in evidence-based health research.

AWARDS, CONTESTS, AND GRANTS

GFWC Club Awards

A $50 award will be given annually to one club in the nation to recognize creativity in implementing an effective **Home Life Community Service Collaboration Program**. The award is based on narrative reports. State chairmen should forward the winning state entries to the national GFWC Home Life Community Service Program Collaboration Chairmen by March 15 of each year.

A $50 award will be given annually to one club in the nation to recognize creativity in implementing an effective **Home Life Community Service Partnership Program**. The award is based on narrative reports. State chairmen should forward the winning state entries to the national GFWC Home Life Community Service Program Partnership Chairmen by March 15 of each year.

Canine Companions for Independence

Canine Companions for Independence will present a certificate of appreciation to each club that supports the Canine Companions program. Award presentations will be made at the GFWC Annual International Convention (June 2011, and June 2012).

GFWC State Awards

GFWC awards will be presented annually to one state federation in each GFWC membership category to recognize outstanding achievement in both the **Home Life Community Service Collaboration Program** and the **Home Life Community Partnership Program**. Award presentations will be made annually in honor of junior and general membership participation at the GFWC Annual International Convention.

Canine Companions for Independence

Canine Companions for Independence will present a special award to one state in each membership category annually to recognize outstanding support of its projects. Award presentations will be made at the GFWC Annual International Convention (June 2011, and June 2012).

March of Dimes

March of Dimes will present a special award to one state in each membership category annually to recognize outstanding support of its projects. Award presentations will be made at the GFWC Annual International Convention (June 2011, and June 2012).

Contests

Please see the Contests section of the *GFWC Club Manual*.

Grants

There are no grants in this area currently offered through GFWC at this time. Please subscribe to GFWC's *News & Notes* at ***www.GFWC.org*** to receive updated information regarding grants and other member benefits in the GFWC Home Life Community Service Program.