



CALIFORNIA FEDERATION OF WOMEN'S CLUBS
CLUB AWARD ENTRY COVER SHEET
Annual Reporting January 1 - December 31, 2020

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| Prepared by: Katie Burnham | Club: Temecula Valley Women's Club | |
| Number of Members 105 | District: De Anza | Area: D |
| Club Position: 1stVP/Dean | | |
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Health & Wellness

In 1980 a group of 10 like-minded women came together to form Temecula Valley Woman's Club. In 1981 the club was chartered as a CFWC/GFWC club. The original goal to improve the education, ethical and cultural life of the community remains the same today. Currently the club has approximately 105 members serving Southwest Riverside counties population of 220,000 people.

The Health and Wellness committee supports our community's efforts to educate and promote a healthy, happy lifestyle with a specific focus on the needs of the elderly and those in health crisis. The committee also organizes golf and bridge activities for their members

Project Title: Bridge Hours 320 Donated \$0 In Kind \$0

Bridge allows our committee to promote friendship and challenges our member's minds through competitive mental exercise.

Project Title: Golf Hours 75 Donated \$0 In Kind \$0

We are dedicated to improving women's health and wellness as well as promoting new friendships by playing once a month at different community courses.

Project Title: Senior Luncheon Hours 108 Donated \$0 In Kind \$396

We serve a hot meal to residents of the Wildomar Senior Independent Apartments including Birthday Cake and Ice Cream for birthdays that month. Because of the pandemic this project had to be discontinued following the March luncheon.

Project Title: Senior Birthday Bags Hours 3 Donated \$0 In Kind \$50

Each month we acknowledge the birthdays of the month at the Wildomar Senior Luncheon with a gift bag containing a variety of items such as lotions, note pads, crossword puzzle book and candles. We gave 50 bags this year until we were forced to discontinue because of the pandemic.

Project Title: Keep in Touch Hours 300 Donated \$0 In Kind \$0

In response to the pandemic and the isolation most members were experiencing we started a program to keep in touch with all members to determine if anyone had any needs and to simply lift their spirits. This was done 3 time during 2020 and was very well received by our members.

Project Title: Caring for our Members Hours 10 Donated \$0 In Kind \$25

One of our committee's mission is to care for our members who are suffering from illness, surgeries or loss of a loved one. When we hear of these situations, we let them know we care by sending a card.

Project Title: Mastectomy Pillows Hours 13 Donated \$0 In Kind \$67

One of our committee members sewed 26 pillows and drain bags for use following a mastectomy.

Project Title: NAMI Tablets Hours 5 Donated \$417 In Kind \$0

In response to an urgent request from the Temecula Valley Chapter of the National Alliance on Mental Illness (NAMI), the committee partnered with TVWC's Arts & Culture Committee to provide three of the four computer tablets requested. The public health crisis eliminated in-person counseling and requires NAMI to meet with clients and provide support virtually. Some families seeking help do not have a computer or the funds to purchase one. Within one week of receiving the request, a check was presented to NAMI's Director. The NAMI Director wrote: "I want to let you know what a rousing success the tablet loan program has been. The participants who have borrowed the tablets report that it has made a huge difference in their well-being during this unprecedented time. Several participants mentioned in addition to being able to attend Zoom support groups and meetings, they have also benefitted by being able to attend Bible studies and Zoom medical appointments."

Project Title: Trunk or Treat Hours 8 Donated \$0 In Kind \$33

The Wildomar Senior Center hosted a Trunk or Treat for their residents so that residents could have the fun without putting themselves at risk. We provided the treats to be placed in trunks and the seniors came by and helped themselves.

