



**CALIFORNIA FEDERATION OF WOMEN'S CLUBS
CLUB AWARD ENTRY COVER SHEET**

Annual Reporting January 1-December 31, 2021

Chairman: Sandra Esades		Club: Temecula Valley Women's Club	
Number of members: 81		District: De Anza	Area: D
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Health and Wellness Committee			

In 1980, a small group of energetic, community, and service-oriented women met and founded the Temecula Valley Women's Club. With a membership of ten the TVWC was chartered as a CFWC/GFWC that same year and incorporated in 1981. Within the club, the Health and Wellness Committee focuses on "supporting our community to educate and promote a healthy and happy lifestyle with a special focus on the needs of our members and the elderly in our community." The COVID-19 pandemic forced us to go online, engaging our members on ZOOM, by using it for meetings. This kept our meetings inclusive while keeping in contact with one another during these uncertain times. The following projects below reflect our mission.

Project Title: Birthday Cards Hours: 6 Donated: \$0 In Kind: \$40.00

In the past few years, the Health and Wellness committee has worked closely with the Wildomar Senior Leisure Living Community & Assisted Living, is a development for active senior citizens ages 55 and over. Once a month, we served a hot lunch to the residents to celebrate their birthdays that month. Due to the pandemic the lunches had to be discontinued but we continued to support the development. Each month, the residents' birthday list is divided up and assigned to committee members to send birthday cards. Many of the residents don't have family and appreciate that someone remembers their birthday.

Project Title : Book Drive Hours: 20 Donated: \$0 In Kind: \$125

Since the majority of the Wildomar Senior Community residents were self-quarantined, their two libraries were in need of updated and different books for the seniors to enjoy. A request was made to the committee members and the entire club for donations. Two committee members volunteered to collect and deliver the donations. They collected hundreds of books, magazines, games and puzzle books, pens and pencils. The libraries are now fully stocked.

Project Title: Little Free Library Box Hours: 8 Donated: \$0 In Kind: \$25

A portable free standing library box was donated and placed by the pool area in the Wildomar Senior Community. This library is a free book sharing box where residents may take a book or share a book, functioning on the honor system.

Project Title: Trunk or Treat Hours: 8 Donated: \$293.06 In Kind: \$0

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

Project Title: Keep In Touch Hours: 16 Donated: \$0 In Kind: \$0

In response to the pandemic and the isolation most members were experiencing, we continued last year's project of calling each member to keep in touch. We used the calls to check for any needs and to help smooth the transition from monthly Zoom meetings to Zoom-Hybrid meetings,(in person with a Zoom option) and to ensure all had rides to our new meeting location.

Project Title: Get Your Groove On Hours: 60.5 Donated: \$0 In Kind: \$0

Get Your Groove On was a chair aerobics program to promote social and physical wellness during the pandemic. Members of the committee met once a week for 30 minutes via Zoom to engage in a core exercise program. Participants followed the instructions for chair exercises from YouTube videos and needed only a chair and hand weights (water bottles worked well.)

Project Title: Feeding Families Hours: 9 Donated: \$1,000 In Kind: \$0

The year and a half long pandemic has caused loss of jobs and income and many families were in need of help for food and basic essentials. This has placed a severe strain on the local food banks. Through the Community Charity Fund, we were able to donate \$500 to the Circle of Care Food bank in Temecula and \$500 to Saint Martha's Community Food Pantry of Murrieta.

Project Title: Mastectomy Care Kits Hours: 207.5 Donated: \$362.69 In Kind: \$257.92

Michelle's Place Cancer Resource Center was created as a dying wish of Michelle Watson, a 26 year old victim of breast cancer in July 2000. Today, Michelle's Place provides over 10,000 free services a year to individuals and families impacted by all kinds of cancer. One member of our committee cut, sewed, ironed and stuffed materials to make 72 Mastectomy pillows, drain bags and seat belt covers. Five committee members met at the resource center where we formed an assembly line and filled 72 kits with the pillows, drain bags, seat belt covers and 5 more purchased items used by postoperative mastectomy patients.

Project Title: Healthy Eating Hours: 217 Donated: \$0 In Kind: \$35

Healthy Eating was a monthly Zoom discussion group in collaboration with the Environment Committee focusing on plant based eating. We learned about why plant based eating has one of the greatest impacts on the environment as well as our health. We watched a recommended movie of the month prior to the meeting, then discussed it. After the discussion, we had a cooking demonstration to show how to make simple and delicious meals using no animal products. Eating plant based food can save water, reduce our carbon footprint, save animals, and save ourselves the misery of poor health.

Project Title: The Challenge Hours: 857 Donated: \$0 In Kind: \$260

The Health and Wellness Committee challenged all of the club members to improve their health by exercising daily. Tracking sheets with a calendar were made up on Google sheets to track daily individual minutes/hours of exercise. To add a little fun, each member was asked to come up with an original descriptive nickname, and prizes were awarded based on highest number of exercise hours per month, and for participation each month. The challenge ran for the months of October and November. The club members present at the December Meeting and Holiday luncheon voted on the winning Nickname based on uniqueness and originality. The members with the highest winning hours each month averaged over an hour of exercise each day. This was a fun project that encouraged all members to exercise daily.

Project Title: Therapy tools Hours: 9 Donated: \$500 In Kind: \$0

Temecula Valley Unified School District's Social Emotional Team exists to provide services to students, families, and schools with the primary focus of removing barriers to academic success. Elyce Mandich is a Licensed Clinical Social Worker who works out of the Districts team and is assigned to Chaparral High school. She works with about 70 students individually and in group therapy. Elyce made a request to one of the members of the Health and Wellness Committee for \$500 to purchase tools such as therapy dough, bullet journals, affirmations cards, bubble pop sensory toys and mindfulness games which are used to help students overcome their anxiety while talking about their problems. We were able to present Chaparral High School with a \$500 check from our Community Charity Fund.

Project Title: Casino Night Fundraiser Basket Hours: 8 Donated: \$0 In Kind: \$68.99

The theme of our basket was "Shaping UP". It included many tools and goodies to encourage exercise.

