



CFWC Health and Wellness Program, Myrna Binford, Chairman

There couldn't be a better Hot Topic for the last year than Health and Wellness! I hope you have been reading the program information that has been in Quick Bytes. Many clubs have had to scale back activities as it has been difficult to be out in our communities. However, adjustments were made and we have come back stronger. It is now getting to be the time to open up and get out there again.

The CFWC Board has made it easy to stay involved with their Zoom meetings. And, many other organizations have made it possible, likewise, to use Zoom to help our members keep in the know. We all look forward to the time when we will be able to hug and be in person.

Many things in the Health and Wellness field have taken place this year, not just the masks, social distancing, and hand washing.

You need to get vaccinated. The vaccine has been made it available in record setting time. If you don't do it for yourself, do it for others.

The medical profession has made available Telehealth. It has shown to be effective so realize that it won't go away. The biggest concern for the medical profession is that patients have been letting themselves lapse from keeping appointments and will be seen only when they get sicker.

In California (as with 23 other states), the Legislature has passed AB-890 which in January 1, 2023 will allow Nurse Practitioners to change their scope of practice so they can work independently from physicians since there is a shortage of physicians. The nurse practitioners will have to meet additional requirements to be certified. More good news, the applications for medical schools has increased after falling for several years. This may be because of the pandemic.

There has been an increase in depression during the past year due to people being isolated. Symptoms are similar to PTSD. Our members are fortunate because we have their backs. Many of our clubs have formed phone trees to reach out and call/talk to members and see what their needs are. This is also a great way to get to know members that you might not otherwise get to know. And, since we will probably be going live soon into our meeting areas, please remember those who are still hesitant and aren't ready to come out yet. We are at the time of the year that many clubs will be taking a summer break. If you can, keep both the combination of in person and Zoom meetings going so that members who feel they still are uncomfortable with attending

an in-person event can still enjoy the meetings via Zoom. Hopefully by Fall, everything will work out so everyone will be together.

Both skilled nursing homes and Senior residencies have started opening. These were hard hit as no visitors/family members were allowed to visit. We all get lonely at some time, but problems arise when someone is chronically lonely day after day. Perhaps club members could see the status of the facilities openings and have several volunteers go there regularly. Making place cards with kind messages for their meals, play door Bingo (please provide Bingo cards, you can use beans as counters, and have small gifts for winners). Bring a puzzle with limited pieces (300). Any mental stimulation is good. Find out from Director if a person has regular visitors and if not, make it a goal to find that person. Remember, "We all need the human touch"!

Scams affect everyone. So, it is best to be forewarned. These has been around for many years, but COVID-19 gave the scammers more ammo. When getting questionable texts or email, it may look like it is from a reputable organization (like CDC, WHO, etc.), but avoid clicking on the email/text and view the address it came from. You can usually tell if the address doesn't look right. I usually look up the current scams on the internet website, like "CDC offering quick cures for COVID", as scam. I find the internet really keeps current of scams. And of course, the phones calls, do not give out any info they ask for even if it seems legit. I always ask that they put the request in writing and say they should have the address if calling me. Click! Once I said I would send my grandson money if the scammer could tell me how many and names of his siblings. Click! I would suggest that everyone get a phone with caller ID. Those who know you will leave a message. I always tell someone who says they will be calling to leave a message if they call. Another club I belong to had a female FBI agent talk about scams at our club meeting. It was felt that even though only club members were present, they could spread the word to others. Help prevent Identify Theft.

What else can be said about "Girls Love Mail"? It works. One of our speakers who has an organization that counsels post breast cancer patients, said that they procure the cards and put the cards in the boxes with items the woman will need. The women are very grateful for the warm wishes. This can easily be done at a meeting.

Most of the club members are familiar with Canine Companions for Independence. Unfortunately, they had to stop having public access during the pandemic. I know that one of our District's clubs have a couple of ladies who are "puppy raisers". There is another organization in the Southern California area that is s 501(c)3 that is relatively new. It is called Shelter to Soldier. While Canine Companions uses specific types of dogs that are purebred and are companions for the disabled, Shelter to Soldier gets their dogs at shelters. These dogs will be trained as psychiatric service dogs for post 911 military who have PTSD. Their motto is "Saving Lives, Two at a Time".

My current Quick Bytes article is the need that the American Red Cross has for blood. We can ask out clubs to sponsor a blood drive and ask the community to support the effort (through good PR work). Between the pandemic, fires, and floods, the Red Cross has said they are low right now. And here are few statistics as to why blood is needed:

Blood only has a shelf life of 42 days

More than 60% of US population is eligible to give blood, yet less than 10% donate

Almost 25% of the nation's blood supply goes to patients fighting cancer

Someone in the United States requires blood every 2 seconds

The Shot@Life Affiliate program is one that I have associated with Health and Wellness. I had this as my President's Project when I was Palomar District President. GFWC has been a partner with the United Nations Foundation for several years with their Shot@Life campaign. The campaign has helped provide more than 34 million lifesaving vaccines to children in developing countries. These vaccines combat four of the world's most deadly and disabling diseases: measles, polio, pneumonia and diarrhea. Whether we want to or not, we have become a global community. This is a very worthy program as we have been discovering more and more about immunizations during the current pandemic. The Shot@Life Program has been hurt by the current pandemic as funding has been needed to find a cure for COVID-19. If you chose to highlight this program at the Club/District level, GFWC does have a \$100 grant you can apply for to help defray costs. Information on this can be found on the cfwc.org website. The Shot@Life Program offers a training program for people who will become Shot@Life Champions. Usually, this training is held in Washington, DC so that you can go to Capital Hill to visit with the Congressmen. This year, it was held virtually. It had wonderful speakers from around the world and on our last day, we virtually spoke to the Congressional offices. If you are interested in this program, go to the cfwc.org website and there is more information about what they do and when their next training will be. I was very happy to be trained as a Shot@Life Champion and share the training with my other GFWC sisters (California and other states).

The Vial of Life Program is another program that members can do as a project. It involves first responders getting the information they need when called to a 911 emergency. Club members can form a committee or two depending on the fire stations and senior centers/adult day care centers they have in their area. The committee members go to the fire station to make sure the first responders understand the program and know what they will be looking for. The Committee members can give them a copy of the Vial of Life decal (and you might want to bring them some cookies and thank them for their service). Next, you will go to the adult day care and senior centers and present the program to them. Make sure you have copied enough forms for the participants to fill out. The forms are on the website vialoflife.com. You can print the decals on your printer or order them. Follow the instructions of how the paperwork should be put in a plastic bag and taped on the refrigerator door. A decal should also be put on the entry way door or window near the door.

I recognized from the narratives that many women love to sew, knit, etc. In Fallbrook, we have a 501(c)3 group called The Blanket Project. The leader is a Fallbrook Woman's Club member, but this club is open to anyone. For a Woman's Club project, it could be incorporated within the club with club members. The members are taught to knit and crochet if they don't know. Some just make squares that other members knit together for beautiful quilts and afghans. Others will make a large, single quilt. Some quilts are donated to various organizations to raffle off at a fundraising

event while other are given to seniors at nursing homes or at senior residencies who need bed blankets or lap covers (as in wheelchairs).

Many clubs this year adopted a family at Christmas. There seems to be needs every year, but this year was different. Let's keep doing this. Women's Club members have the biggest hearts of anyone I know.

Ronald McDonald Houses were also the recipients of many toys, books, and even some food. I am sure the families were very grateful as going through such a stressful time.

Heart Truth. February is American Heart Month. Invite the public and have a speaker (physician or nurse) on Women's Heart Health Issues. Heart disease is 1st and Stroke is 5th in causes of death in the United States and 80% of these events are preventable. Members who are nurses can take blood pressures and some other members can pass out printed materials from the American Heart Association. You can also have someone there that can teach CPR.

Do you know who the "*hidden homeless*" are? They may be a single individual or a family. Are they really hiding? No, they are hiding in plain sight! They have lost jobs, homes, and many, their dignity. They are living in cars, vans, RVs, and campers so you won't find them in shelters or on the street. Since the pandemic started, it has doubled as the housing crisis has worsened. Chances are, they are undercounted in a census and so the state receives less money for services for all its citizens. It is estimated that 1 in 500 Americans are homeless, but it could be more if the "hidden homeless" are counted. Vehicle residency is one of the fastest growing forms of homelessness.

Some of these people do have unemployment benefits and can get food stamps, but they also depend on Food Pantries for food. Many families are afraid to go to a shelter as they don't want Family Services to get involved or are afraid their children will be exposed to unpleasant experiences. An uptick to vehicle living is there is less exposure to the coronavirus than in other homeless living in shelters or on the street.

The main problem is that there are few places these people can stay without getting a vehicle towed (which then costs money). A few churches, non-profits, and local governments have created overnight parking lots with portable toilets and showers, but these are few and far between as funding has dwindled. Of note is that California is one of the states that has stepped up to create Safe Parking Programs. Other states seem to be taking the cue.

Woman's Clubs can help these persons/families. They can donate clothing to a thrift store and food to a food bank or pantry. Thrift stores are opening up again. The food pantries have continued on with their work during the pandemic. It has been a custom that Woman's Clubs have food drives especially during the holidays. Some of the women have worked at the food banks/pantries for several years. Their help is needed now more than ever, as are new volunteers, because the need has increased during the last year. There are several jobs that can be done in areas vs direct contact: unpacking the food from the Feeding America truck into smaller amounts, preparing the refrigerated and fresh food for delivery, handing out food to the customers as everything they need is already bagged for pick up. Remember to mask and glove up, wash hands, and use sanitizer.

And, remember on donation day, how happy we are that we can give some joy to those who need it.

Always share your projects on social media and local newspapers, CA Clubwoman, etc. One of our speakers refused the stipend we usually give speakers by saying “give it to another non-profit because we know of the wonderful work the local club does in the community”.

I will be glad to talk to you about any of the Health and Wellness programs.