

Home Life Collaboration
Fall Board 2011
Bulletin (3)



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Aaah September !! .. cooler weather (hopefully) and the beginning of another exciting club year, after a well deserved summer break. Many of you are already planning your Community Service Program Projects and are looking for new ideas and projects to embrace. After your wonderful response to the Spring Convention Workshop on “Planning A Successful Health Fair”, our Webmaster put my power point presentation on the website for you to download. (Thank you Sara) I’m looking forward to getting your reports about your Health Fairs. Be sure to share the challenges encountered, as well as your successes.

Have you enrolled in the Federation Fitness Program yet? I received notice this summer that my high school will celebrate our 50th year reunion next October, 2012. That gives me 13 months to lose weight and get in shape. What is your incentive to “get with the program”? Hannah Banana would love for you to receive her updated health tips. Let me or Joyce know if you have any difficulty receiving them.

As you plan your projects to make positive changes in your communities, keep in mind a few objectives, which will serve you well. First, **identify** the **needs** of individuals, families and the community as a whole. Next, **identify resources** for strengthening families and communities. **Develop** and **implement** creative **projects** that promote healthy lifestyles or increase awareness, prevention, research or treatment of diseases, and target personal development, especially for women and children. Address the issues of hunger, inadequate housing and homelessness. Prevent or correct financial difficulties to include identity theft. Some ideas to consider: coordinate with your health department to co-sponsor a “Medicine Take Back Day”, where citizens bring unusable medicine for safe disposal (the Conservation gals will love you for this one so the medications won’t end up in the water system); organize a “Smear Campaign” to distribute the importance of annual PAP Smears; Visit the Dental Association website www.ada.org to secure free materials to promote National Children’s Dental Health Month in February; hold a “senior shower”, inviting a representative of a local senior service agency or facility to speak on the needs of seniors in your community, presenting them with the shower items for distribution; investigate whether there is a “Backpack Program” in your community that provides food for needy children on the weekends and holidays when school meals are not available; Volunteer at your local shelter and collect food, food coupons, newspapers and bedding (old blankets and towels).

September is *Ovarian Cancer Awareness Month*. You can help by wearing teal ribbons and posting them at local businesses to draw the public’s awareness of this terrible disease. Updated information about ovarian cancer will be made available at the Fall Board Home Life Workshop on Saturday afternoon.

THANK YOU ALL FOR YOUR REPORTS. You are awesome!! Your generosity of time, talent and donations was so moving. Now, please make reporting easy on yourselves. All but three reports were written on the computer; however, almost half of the reports were snail mailed to me. Please **email** you reports to me by February 1st any way you can. It will save you \$\$ and me a lot of time.

