

Health and Wellness Top 10 Service Projects for 2025

1. **Health and Wellness Highlights.** GFWC/Iowa Yorel Study Club, Leroy, Iowa. Club members focused on Health and Wellness throughout the year by having a highlight at each meeting related to health and wellness. Highlights included Vitamin D and Heart Health. Know your heart signs; The Ten Symptoms of a Heart Attack; Caregivers Need Our Emotional Support as Well as the Patients; Nine ways to Prevent Falling at Home; Live Longer and Stronger; Vitamin D Deficiency May Be Related to Migraines; Laughter and Your Health; and How Nutritional Needs Change with Age. In Addition, they had two in-depth programs at their meetings. One was Seven Ways to Grow Old Gracefully and the other was Women's Health.
2. **Memory Café.** GFWC/Iowa Maquoketa Woman's Club, Maquoketa, Iowa. Because of the club's success with "Dementia friendly" training, the club now assists with the "Memory Café" at the local library. The Memory Café is held once a month and offers caregivers a bit of respite and a chance to get out of the house. Their loved ones who are affected by dementia or Alzheimer's are also invited to attend. The Maquoketa Woman's Club members serve as "hosts" making everyone feel welcome, helping with room set-up, activities and providing refreshments. The two-hour long meeting is run by health care professionals.
3. **Mental Health Program.** GFWC/Iowa Maquoketa Woman's Club, Maquoketa, Iowa. The Mental Health Advocate who works for the Policer Department spoke to the club about her position. The Advocate rides along with law enforcement officers during the day shift to assist with mental health, domestic or substance abuse, and child endangerment calls. The Advocate's goal is to reduce arrests and hospitalizations, as well as educate officers in ways to handle these situations. The Maquoketa Woman's Club donated stuffed animals and cases of bottled water so that the Advocate and policer officers had comforting items in the trunks of their squad cars to hand out to children when the officers were responding to calls.
4. **Hair Heroes.** GFWC/Iowa Phoenix Club, Muscatine, Iowa. This project was located at a school where many low-income students attend. A local beautician and club volunteers went to school in the mornings before school started and students could come in to get their hair done. While there, the students could read aloud to the club volunteer or just talk about their day. Knowing they would have someone who would listen to them. Community members donated combs, brushes, hair ties, etc. to the project.
5. **Mental Health Awareness.** GWC/Iowa Granger Women's Club, Granger, Iowa. Signs in the form of tulips were showcased in front of the entrance to the local Farmers' Market on the first Thursday in May to celebrate Mental Health Awareness Month. The tulips were made from colorful boards in the shape of giant tulips. After the event, the tulips were moved to the front of the local library's entrance with signs of the Granger Women's Club and Mental Health Awareness signs as well.
6. **Community Health Fair.** GFWC/Iowa R.A.R.E. Club, Walker, Iowa. A Community Health Fair was hosted by Walker R.A.R.E. Club. Vaccines for flu and covid were offered by a registered pharmacist. Public Health personnel led the participants in strength and chair

exercises. A table displayed facts and materials about breast health and mammograms. Medication information sheets were available for people to complete and keep in their wallets. The community blood center sent an employee to do blood typing for those who were interested. An assortment of free “cheater” reading glasses were available and healthy snacks were provided.

7. **Health and Medication Awareness.** GFWC/Iowa Solon Women’s Club, Solon, Iowa. A Wellness Apothecary Pharmacist provided an informative program on different types of vitamins and supplements. Focus was on raising awareness of popular and heavily promoted over the counter (OTC) medications and drug interactions based on research-based, proved health benefits. Stress was placed on the need to educate oneself and club members were encouraged to consider sources of information such as the Institute for Functional Medicine, the American College of Medicines and to use the personalized lifestyle medicine approach.
8. **Health and Medication Awareness.** GFWC/Iowa Doon Women’s Club, Doon, Iowa. A member who is also a pharmacist presented a program with interesting facts and a job description of a pharmacist. The club members had hands on training, learning how a pharmacist distributes safe medications by using jellybeans for the medications. It was a fun and educational evening.
9. **National Nurse’s Day.** GFWC/Iowa Peterson Tuesday Club, Peterson, Iowa. To observe National Nurse’s Day and to show their support of caregivers in all facilities, the Peterson Tuesday Club assembled 200 personal care packets containing hand lotion, lip balm, and a sweet treat. The packets were distributed to three nursing homes in the area. The staff were most appreciative and very thankful.
10. **Hygiene Kits.** GFWC/Iowa Quad Cities Women’s Club, Davenport, Iowa. Club members gathered personal hygiene items, such as toothbrushes, toothpaste, pocket issues, band aids, combs, shampoo, body wash, etc. to be put into handbags. These bags were then given to a local non-profit group, who distributed them at their free meal site to anyone who needed one. The club felt this also contributed to the mental health of those receiving the bags.
11. **Problem Gambling Awareness.** GFWC/Iowa Exira Study Club, Exira, Iowa. Recognizing wellness can impact physical, emotional, intellectual, social, spiritual, environment, occupational and financial aspects of a person’s life, the Exira Club invited a person from New Opportunities, Inc., to speak to them on how to recognize problem gambling. Gambling has become more prevalent in the last few years with casinos, state lotteries, on sports betting etc. The presenter said gambling can be as simple as playing an electronic game on a cell phone and wanting to purchase more tokens or coins. It was an eye-opening program. The members also learned how to get help locally for problem gambling.

Peg Anderson
Health and Wellness Chairman