



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

**Annual Reporting January 1-December 31, 2020**

Prepared by: Mary Ellen Oves		Club: Woman's Club of Cypress	
Number of Members (From the CFWC Yearbook): 82		District: Orange	Area: C
Club Position: Health and Wellness Chairman			
Reporter's Address:			
City: Buena Park		State: CA	Zip:
Email:		Phone:	
<b>HEALTH AND WELLNESS</b>			
Name of GFWC Special Program, Community Service Program, Advancement Plan or ESO			

The Woman's Club of Cypress, located in northwest Orange County, has provided service and philanthropic opportunities for our membership since 1966. Our members range in age from mid-thirties to over 90 years. The majority are retired and are able to be actively involved while working members participate whenever possible. Our members support a wide variety of vital projects that impact our local, national and global communities. During this time of pandemic, our members continue their efforts to support our community and each other. Our members are motivated, compassionate, creative, civic-minded, infinitely generous and grateful to give back to others.

Project Title: **Helping Other People Every Day (H.O.P.E.)** Hours: 725 Donated: \$25 In Kind: \$1578

Helping Other People Every Day (H.O.P.E.) is a non-profit community service organization founded in 1976. H.O.P.E. provides a variety of services to needy families and individuals living in Cypress and the surrounding communities. Volunteers run this service out of St. Irenaeus Catholic Church in Cypress. The H.O.P.E. office is open weekday mornings providing emergency food, transportation vouchers, hygiene items, emergency shelter vouchers and rent and utility assistance. H.O.P.E. also runs a drive through food pantry on the first and third Saturday of each month. During the year of the pandemic, many of our club women have volunteered their time and talents to this organization. Donated items from our members have included: 215 personal toiletries and decorative bags for hygiene items, laundry detergent and 668 pairs of new socks for the homeless. Additionally, members donated 186 cake mixes and frostings for the H.O.P.E. Christmas Basket Project which helped make Christmas a little brighter for 186 needy families.

Project Title: **Kindness Bags for Home Bound Seniors** Hours: 500 Donated: \$2973 In Kind: \$6750

“Kindness Bags for Home Bound Seniors” was selected by the Club President as an ongoing project in 2019. The project provides a bag to seniors each month filled with items, both essential and non-essential. These are seniors who are home bound due to illness or the aging process and who are receiving Meals on Wheels. Some seniors have family members who are able to visit, but Woman's Club of Cypress Health & Wellness Report

many do not. Now, with quarantine restrictions, many seniors rely on agencies to look after their needs. There are approximately twenty-five to twenty-seven seniors on this list at any one time. New seniors are added as they qualify for the Meals on Wheels program. Some transfer off the list when they recover or go to a nursing home.

One large fundraiser was held at the end of 2019 and a couple of small fundraisers were held in early 2020 to fund this project. When Covid 19 hit, all fundraising stopped. Essential items such as hand sanitizer, toilet paper and cleaning products began to be in short supply. A member of our club offered to gather addresses of community businesses so that we could ask them to help out. Costco offered 180 rolls of individually wrapped toilet paper. The Chamber of Commerce offered to list the items we needed in their monthly newsletter and several community residents, learning of our drive to fill Kindness Bags for the home bound, began making drop offs on the porch of our club president. Donors also sent checks to be used for whatever the seniors needed. For the holidays this year, we had an overwhelming response to our "Wish List" of items the seniors would like to receive. One of our members created a list of the requested items using a computer App and members were able to know what to purchase in order to not duplicate items. We were pleased to have members re-engaging in our club through this project. We even recruited some new members who felt touched by the needs of the home bound seniors and wanted to help with the project. A family who makes face masks professionally, offered to make 30 beautiful masks for our seniors. Two other residents of Cypress committed to making a monthly donation of items needed for this project. Just after Thanksgiving, a couple contacted the club via email and said they were adding the Woman's Club of Cypress to their yearly donation list as they have noticed the many good things we do for our community. Two of our newest members were among the worker bees who shopped, wrapped and helped deliver the Holiday Kindness Bags. They expressed great satisfaction from participating in a project where they could feel and see the good works of our club.

Project Title: **City of Cypress Holiday Adopt-a-Family** Hours: 3 Donated: \$750 In Kind: 0

Any other year, our club would pass a decorated can around the room during our fall general meetings and collect donations to be made in December to the City of Cypress Adopt-a-Family for the holidays program. Because of the pandemic situation, the City of Cypress chose to give the needy families envelopes with gift cards totaling \$50 per each family member. It was late in the year and since we had not been able to establish a philanthropy budget, there was no money designated for this project. We announced the need for donations during a Zoom meeting. Given a week to respond, members sent in their donations totaling \$600. To this we added \$150 from the club's savings account. We were able to sponsor two large families and one smaller family with \$750 in Walmart gift cards.

Project Title: **LAC-USC Medical Center/Dept. of Emergency Medicine Clothing Project**

Hours: 30 Donated: 0 In Kind: \$4100

The Los Angeles County USC facility serves many homeless trauma patients 24 hours a day. They routinely see patients whose clothing must be cut off because of trauma or their clothing requires replacement. One of the ongoing needs is for new men's underwear in all sizes. This project collected \$4100 in clothing including 140 new t-shirts, 501 pairs of socks as well as additional new socks and underwear and gently used clothing. We collected so many socks that 250 pairs were distributed to a Homeless Veterans Shelter in Long Beach.

Project Title: **Lion's Club Recycle for Sight Program** Hours: 0 Donated: 0 In Kind: \$245

The Lion's Club Recycle for Sight Program collects used prescription and reading glasses, sunglasses and plastic and metal frames. The Lion's Club volunteers will clean, sort by prescription strength and package the glasses for distribution to people in low and middle-income communities where they will have the greatest impact. Throughout the year the Club collected 34 prescription eyeglasses. The donation-in-kind value of \$245 for this project is for frames only. Our donations this year were less than usual due to the covid-19 pandemic.

Project Title: **Cultivating Happiness speaker** Hours: 5 Donated: 0 In Kind: 0

Since the physical and emotional well-being of our members is important to us, the Program Chairman started the new year for our club by inviting motivational speaker, organizational psychologist, and bestselling author Dr. Marissa Pei to speak on Happiness at our 2020 general meeting. Dr. Pei (also known as the "Asian Oprah") gave members advice from her book: *8 Ways to Happiness from Wherever You Are*. She kept everyone engaged with her energetic talk which focused on an attitude of gratitude.

Project Title: **Los Alamitos Hospital** Hours: 100 Donated 0 In Kind: \$50

Prior to the pandemic, club members volunteered at the Los Alamitos Hospital in a variety of areas. Books and beanies were donated to the Gift Shop and the Cancer Department. This reflects hours and donations prior to the start of the quarantine in March

Project Title: **City of Hope** Hours: 1 Donated: \$320 In Kind: 0

In December one of our members died, and club members donated money through the club to the City of Hope in her memory.