



CALIFORNIA FEDERATION OF WOMEN'S CLUBS
CLUB AWARD ENTRY COVER SHEET
Annual Reporting January 1-December 31, 2022

Chairman: Shiela Dudley		Club: GFWC Women's Club of Cypress	
Number of Members (from CFWC Yearbk): 95		District: Orange	Area: C
Club Position: Chairman, Health and Wellness			
Reporter's Address: [REDACTED]			
City: [REDACTED]		State: [REDACTED]	Zip: [REDACTED]
Email: [REDACTED]		Phone: [REDACTED]	
HEALTH AND WELLNESS Name of GFWC Special Program, Community Service Program, Advancement Plan or ESO			

The GFWC Woman's Club of Cypress has contributed time, talent, and funds to help the community for 56 years. Located in the northwest corner of Orange County, the club provides service and philanthropic opportunities for our membership, including dozens of members who mark either 50, or more than 25 years of membership, multiple past-presidents, and new members each year. Members range in age from 35 to 94 years. The majority are retired and able to be actively involved, with the experienced members mentoring those who are newer or working, helping them to get involved however possible. In addition to financial donations, members volunteer hundreds of hours working on vital projects that impact our local, national, and global communities. Our members are motivated, compassionate, creative, civic-minded, infinitely generous, and grateful to give back to others.

Project Title Precious Life Shelter and Thrift Shop Hours 200 Donated \$ 125 In Kind \$ 1,787

Project Leader: Donna Holder

The Precious Life Shelter and Thrift Shop supported both financially through volunteerism by our members for a number of years. The Shelter is an emergency program which provides a safe environment for the pregnant women with no place to live. Each year, the Precious Life Shelter sees 80-100 women being housed and given the medical treatment required to have their baby in a safe haven. Additionally, they are mentored about job skills and getting employment while their child is taken care of through the Day Care available at the shelter. The motto of Precious Life is "Saving Babies, One Mother At A Time". A Memoriam donation of \$125 was made to the Shelter in 2022 for the husband of one of our members.

The Thrift Shop accepts in-kind donations of clothes, dishware, toys, books, etc., is open 6 days a week, and staffed primarily by volunteers. Income from the sales of donated items generates approximately 35% of the operating budget for the Thrift Shop. A 94-year-old member of Woman's Club of Cypress currently works in the Thrift Shop office 4-5 hours a week for an annual 200 hours answering phones and filing in the office. She has volunteered for 21 years and "still enjoys working with the other volunteers and making a difference in someone's life."

Project Title Kindness Bags Hours 600 Donated \$ 3,317.77 In Kind \$ 2,000

Project Leader: Roberta Voet

The Kindness Bags Project began in 2018. This was a way to provide homebound seniors, receiving Meals on Wheels, with basic needs. Those needs can include toiletries, cleaning supplies such as paper towels, dish soap, etc. When the program began there were 25 seniors needing assistance. Currently, we have 38 seniors. The need has been growing. We use volunteers from the Woman's Club of Cypress to make the deliveries. We meet at the Cypress Senior Center and follow the Meals on Wheels drivers. Deliveries are every other month. February, April, June, August, October, and December. Each delivery has a theme. As an example - April's theme was "Let's Clean Up". We asked for donations of sponges, dish towels, dish soap, furniture polish, paper towels. For our December deliveries, we ask the seniors to fill out a survey of what they would like or need. We collect the surveys and fill out their "wish list". This is probably the most fulfilling of all the deliveries.

One of the seniors wasn't home when we made her delivery. Her daughter insisted that she take a picture of us with the kindness bag so that she could show her mother who delivered the bags. We receive notes from the seniors and their families thanking us for the thoughtfulness of this program. The seniors are genuinely grateful for this program. Our Meals on Wheels partners have commented on how wonderful this program is for homebound seniors. Not only does it bring joy to the seniors, it also brings fulfillment to the Woman's Club of Cypress knowing that we are helping them. In addition, we also held a Bunco Game Night and had 24 participants and generated \$605 for this project.

Project Title Lion's Club Recycle for Sight Program Hours 12 Donated \$0 In Kind \$ 1,680

Project Leader: Donna Holder

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 and 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. The Lion's Club is an International Foundation, so their Recycle for Sight Program is far reaching. The Project Leader contacted a Lion's Club Member who resides in Cypress to act as liaison with the Woman's Club of Cypress to take the Club's donations for processing. Throughout the year 2022, the Club collected 84 prescription eyeglasses, many with cases. The donation-in-kind value of \$1,680 for this project is for frames only. Donations this year by the Woman's Club of Cypress was an all-time high!

Project Title Bunco Night- Health and Wellness Hours 3 Donated 0 In Kind \$ 80

Project Leader: Shiela Dudley, Chair Health and Wellness

The Health and Wellness of Woman's Club of Cypress hosted a fundraising event, "Bunco Night" on Sept. 22, 2022 benefiting Health and Wellness. It was held at a local Community Clubhouse (Via Largo) and had about 20 participants. It was a night of fun, laughter, friendship, and all for a good cause! We generated \$650 and received donations of gift cards from Westmont of Cypress as prizes.

Woman's Club of Cypress hosted a fundraising event, "Bunco Night" on Oct. 20, 2022, benefiting the Kindness Bag Project. It was held at a local Community Clubhouse (Via Largo) and had about 24 participants. We generated \$605 and received donations of gift cards from Westmont of Cypress and Woman's Club Member.

Project Title Walking Club Hours 10 Donated \$0 In Kind \$ 0

Project Leader: Shiela Dudley, Chair Health and Wellness

Health and Wellness initiated a "Walking Club" for members of Woman's Club of Cypress during the summer months of 2022. This is the first year of launching this new Club. It was held 2x a month where members would be meet at Lexington Park for a fun and healthy activity where members can get together and walk as a Club. Members did 2 laps of walking all around Lexington Park. Total miles per night was 1-1.5 miles.

Project Title: B.R.A.I.N. Hours: 8 Donated: \$1,000 In-Kind: \$0

Project Leader: Club President, Bonnie Peat

B.R.A.I.N. (Brain Rehabilitation and Injury Network) is one of our President's Projects to help persons with disabilities reach their potential. It provides services and support for brain-injured adults, including Veterans who are serviced free of charge. The Club donated \$1,000 to support scholarships for individuals unable to pay for services. Monies were raised from member donations during general meetings and from the President's Philanthropy Account. B.R.A.I.N. is an excellent organization to support and is in the City of Cypress.