



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

Chairman: Louise Hernandez		Club: Yorba Linda Woman's Club	
Number of Members 93		District: Orange	Area: C
Club Position: Health & Wellness Program Chairman			
Reporter's Address: [REDACTED]			
City: [REDACTED]		State: [REDACTED]	Zip: [REDACTED]
Email: [REDACTED]		Phone: [REDACTED]	
Health & Wellness Program Name of GFWC Special Program, Community Service Program, Advancement Plan or ESO			

Yorba Linda has a small-town feel and is known as the *Land of Gracious Living*. In 1912, the Yorba Linda Woman's Club was founded by a group of motivated women, whose inspiration was boundless and was matched only by their faith in their abilities to accomplish good things for their community. To this day, they follow their Mission Statement: *We are a diverse organization working to promote civic, philanthropic, cultural, and educational interests within our community through the spirit of volunteerism.*

Project Title Where Therapy Feels Like Play **Hours** 300 **Donated** \$4000 **In Kind** \$1382

Tara's Chance is an Equine Assisted Therapy (EAT) program that is dedicated to promoting the physical, cognitive and social well-being of those with special needs through equine-assisted activities and therapies. Ten years ago, the Founders were approached by the mother of a three-year-old child who was born with Spinal Muscular Atrophy (SMA). This is a genetic condition that causes muscle weakness and atrophy. It can affect a child's ability to crawl, walk, sit up, and control head movements, making the smallest movements a challenge. The child's mother was desperate for her daughter to develop core strength, and heard that equine therapy was the remedy. She just couldn't find a small center to cater to her daughter's inability to lift her head while wearing a helmet. After much consideration and mentoring from a larger equine therapy organization, the Founders opened the doors for this child and 33 others soon followed. The name of the nonprofit was chosen in memory of their treasured horse, Tara, who passed away just before the program began. This was Tara's chance to give back. Many don't know that the motion of the horse helps develop muscle strength and confidence in riders who have had little results from traditional therapy programs. Some learn to sit up for the first time. Some are nonverbal from autism and say their first words when sitting on this large, gentle creature who becomes their dearest friend. For most young riders, this therapy feels like play.

The program has now doubled to 68 riders, since adding a new Equine Assisted Riding program (EAR), which was developed for riders graduating from the EAT program, to avoid aging-out of the benefits of equine therapy. The new treatment is based on a progressive skill-building methodology where students are trained, both on and off the horse, to achieve particular personal goals through horsemanship skills. This program is also offered to Veterans, as well as teens troubled with anxiety and depression.

No rider is ever turned away due to the inability to pay. With the need for space and funding for the caring and feeding of horses, our club members assist with the growth and success of Tara's Chance by contributing in-kind and monetary donations, with four members actually serving on the Board of Directors. At their Annual Riding with the Stars Gala, 22 club members joined over 250 guests at the ranch for dinner, which included performances by four EAT program riders and heartwarming testimonials from parents. By the end of the show, there was not a dry eye in the house. A Valentine's Day Brunch for the moms of the young riders was inspired by a board member realizing that there is a need for moms to connect with others, as they navigate through life with a special needs child. The event was a huge success, with moms exchanging contact information and sharing their journeys with each other. During this event, club members volunteered their time, talent and treasures to make sure everyone had a voice and someone to listen to it. This is one of the most incredible charities we have ever had the honor of serving.

Project Title Bringing Smiles to the Faces of Seniors **Hours** 165 **Donated** \$0 **In Kind** \$2200

The SmileMakers Guild mobilizes community support throughout Orange County, through the Council on Aging, to provide holiday gifts for residents of skilled nursing and residential care facilities. In 2022, over 5,700 gifts were donated and distributed. Because this project is a longstanding club favorite, the newest members were called upon to organize a committee and coordinate the adoption of seniors, referred to as Angels. Not only was the outcome rewarding but the new members got to know each other better, right from the start. For ease of signing up, the committee decided to use SignUp Genius. At our October General Meeting, the committee distributed 80 Angels to club members, which were prepared with the first name of the resident, age, gender, and a requested gift.

The committee collected the unwrapped gifts at our November General Meeting, and they were delivered to the SmileMakers' wrapping location. The wrapping of gifts takes place during the first two weeks of December. Eleven club members volunteered, in shifts of three hours between two days, to help wrap hundreds of gifts. After wrapping, the gifts are bagged according to the facilities receiving them. The members are truly amazed at the organization of this project by the SmileMakers Guild. Bringing smiles to these seniors, each holiday season, is one of the most fulfilling projects that the Yorba Linda Woman's Club supports.

Project Title Offering a Helping Hand **Hours** 396 **Donated** \$500 **In Kind** \$0

Homeless Intervention Services of Orange County (HIS-OC) gives support to people who desire to overcome homelessness and achieve independence. The Yorba Linda Woman's Club helps this organization as a club, and members support it personally. One member is the Executive Director of this nonprofit. Another member devotes seven hours a week to the Charity's Closet thrift store, which donates over \$250,000 annually to HIS-OC from proceeds. Residents of HIS-OC are encouraged to shop for free for job interview clothing and accessories, along with household goods. Regular customers know that their purchases are benefitting those less fortunate. This year, the Yorba Linda Woman's Club purchased a table and attended the Take Me Home Annual Gala. The funds donated will house a family for two weeks at HIS-OC. During their 4-6 month stay, families receive case management, counseling, supportive services and programs, and ongoing support that will help keep them in stable housing when they leave. The Yorba Linda Woman's Club is happy that we're able to offer a helping hand to those who want to stand on their own two feet.

Project Title Brothers on a Quest **Hours** 127 **Donated** \$1600 **In Kind** \$1092

The definition of Ataxia is the loss of full control of bodily movements. The Yorba Linda Woman's Club was made very aware of this disease when a new club member (AKA Mom) divulged that her three sons were diagnosed with "the worst disease you have never heard of." It is a degenerative neurological disorder, similar to ALS. They were normal teenage boys, until they weren't. In desperate need of educating herself on Ataxia and its dreadful effects, Mom joined the Board of Directors for the National Ataxia Foundation (NAF), along with founding a nonprofit organization for her sons—Brothers on a Quest Foundation. Along with the assistance of their family, these brothers are on a quest for a cure. As a club, we definitely wanted to join efforts to further create awareness for this rare neurological disorder and raise funds toward a treatment or cure. Mom became the Chairman of the Brothers on a Quest Project. Well ahead in the game of fundraising, she has been involved with two, very successful annual fundraisers, both of which we rallied behind.

The idea of a Shop and Sip fundraiser was created, by Mom, to promote shopping locally, with a percentage of the purchase price going to the Brothers on a Quest Foundation. Generously, another new club member offered her Gift Shop for the shopping event. Next door, a local wine shop owner created the ideal setting for the sipping portion of the event, which allowed the supporters to meet Mom's affected sons, creating even more awareness, up close and personally. The atmosphere was upbeat and positive, and the goal of raising \$20,000 for Ataxia awareness was achieved through the combination of gift purchases and volunteer hours by one-third of our club members.

Hearing that the National Ataxia Foundation has hosted the OC Walk n' Roll, for the last twelve years, the Yorba Linda Woman's Club decided to sponsor the Brothers on a Quest Foundation booth, along with hosting our own club's booth. Two is always better than one, when it comes to offering mutual encouragement and support for a well-deserving cause. Supporting the NAF (and Mom) to achieve its goal to create even more awareness of Ataxia and better the lives of those affected, many hours were spent setting up, cleaning up, manning two booths and assisting in a pancake breakfast, but were entirely considered a labor of love. All-in-all, 32 club members participated, with most registering to walk and/or donate, as well. The efforts paid off, as the NAF OC Walk n' Roll raised \$35,000, making this event the second highest amount of funds raised in the entire country.

Brothers on a Quest and Mom can count on us to continue supporting their two annual events, and constantly striving for a brighter outlook for those devastated by the effects of Ataxia.

Project Title Just WOW! **Hours** 1456 **Donated \$**0 **In Kind \$**0

As our Health & Wellness Program has emphasized promoting a healthy lifestyle, our Women Out Walking group walks 2.4 miles, in under 60 minutes, twice a week. Depending on circumstances, the number of walkers average from 6-8 ladies, who meet at our local Community Center, at 8:30 a.m. sharp. We even created our own purple WOW t-shirts. This project has continued since 2015, and we attract many women that either ask to join us or about our club. The benefits of this project are obvious....less stress and a chance to socialize while getting fit, among many other amazing lifelong health benefits. Our participants are encouraged to go at their own pace---giving no excuses to drop out. Along the trail, other walkers always give a shout out to the Purple Shirt Ladies which, in turn, puts a bit more pep in our steps and smiles on our faces.