

GFWC GREATER WEST PALM BEACH WOMEN'S CLUB

a member of the General Federation of Women's Clubs

"WE PUT LOVE IN ACTION THROUGH SERVICE"

June 2019

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PRESIDENT'S MESSAGE-

Mary Evelyn Mitchell

Dear Members,

These may be the "lazy days of summer" and I hope you are enjoying them but we also have many projects still in motion. "The Eagle has landed" at Donna's home and I know that she, with her committee of Cathy and Meg, will make our eagle a stand out at Fall Board. This is a great project and committee. For those of us who are not on vacation, we have movies, dinners, zoo keeper's bags, bunco, Hispanic HR graduation, mommy bags, baby supplies to Harmony House and school back pack projects that are ongoing.

Just a gentle reminder that we are halfway through the year, and if you have a project that we will need to report then volunteer hours for all, club dollars donated and in-kind donations (this can be your best estimate) will be needed. Also needed will be who, what, when, where and why for the narratives. This is a reminder for me too-it is easier if you keep up as you go along. Thank you all for your hard work.

Happy Fourth of July to you all,

In Federation Love,
Mary Evelyn

CORRESPONDING SECRETARY -

Fran Green and Sheila Zile-Pecoraro

Our guest speaker was Tom Cipullo from the Palm Beach Library System who spoke on Electronic Books and other e-services available through the library.



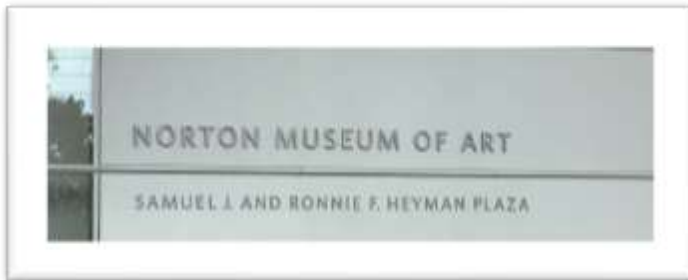


MEMBERSHIP - Meg America and Linda Ferris

We were thrilled to have 3 guests at our June meeting! Welcome Debbie, a friend of Kathy Stackhouse; Brenda, a friend of Phyllis, and Evelyn, who found us from the fashion show. We hope to see you at our July 22 meeting, as well as some of our July club activities.

The **May 19 annual picnic** was held at Meg and Charlie's. We had a great turnout. We had 24 total people attend, 14 were members, 3 were guests, and 7 were boosters. Our boosters were recognized with certificates for all of their work and support for the members.

June 8 was a tour of the newly opened Norton Art Gallery. We had 8 total people able to attend. One was a guest, 2 were boosters. We enjoyed a docent tour of some parts of the museum and she explained some of the architecture.





Five sat down to a nicely served lunch in the new cafeteria. We suggest you go back to enjoy the outside gardens.



Our next **Ladies Day out will be July 16, Tuesday.** We will have lunch and enjoy a movie in Wellington. Tuesday the movies are \$6. We will choose a movie when it gets closer to the date as they advertise what movies are playing. Do you want to have lunch at the new Ford's restaurant at the Wellington Mall?



Many people help our membership each month. Gay receives the **"You Nailed It"** award this month for making copies of our Bylaws for our orientation of new members.

We will ask Barbara where she would like to have the money sent for the memorial for her father.



Birthdays and Anniversaries

June Birthday:

Barb Burdette June 16
Jeff Anne Pike 22

June Anniversaries:

Kathy and Dave Stackhouse June 12
Jeff Anne and Bill Pike June 16
Linda and Jim Ferris June 22

July Birthday

Meg America July 8

July Anniversaries

Suzan and Kenny Close July 3
Jean and Martin Allen July 8
Phyllis and Mike Gauger July 17



FUNDRAISING - JeffAnne Pike

FASHION SHOW 2020



SAVE THE DATE

May 9, 2020 will be the 5th annual Fashion Show. **Mermaids and Mimosa's** will be the theme. We have secured the Atlantis Country Club and Chico's for this event. It's never too early to start collecting items for the raffles and door prizes!



BUNCO

The next Bunco will be held in August. Suzan will send out an email with the date once it is determined.



CONSERVATION - Donna Cohen

Members helped plant a tree for Arbor Day at HHRC in tandem with the education department for Founders day.

We donated enrichment items to the **PBZCS**. Mary Evelyn and I met with Erin Hitsman to discuss future service projects.

Most immediate is National Zookeeper week. We will deliver "**Appreciation Bags**" to the keepers on Thursday July 25th. Time TBA.

Million Orchid Project at FAU Pine Jog Center. Six members walked the gardens and spent time in the lab propagating native Florida Orchid. All orchids are tagged and tracked. Once new orchids are mature enough they will be planted in various location throughout Florida.

GFWC Florida Conservation Project-Everglades Eagle - received approval to sponsor and Everglades Eagle. We have formed a design committee (Cathy Hopkins, Meg America and I) to work with local artist, Wilson Williams to paint our Eagle. The eagle will be put up for adoption. 50 eagles state wide will be adopted and all funds raised will be used to replace the signage in the Everglades that has been damaged or destroyed by hurricanes and storms.

PBZCS BioFact Boxes - form a working group of interested club members to enhance the existing boxes. We will choose a specific animal group. These boxes contain animal items, visual aids and facts sheets and are used by volunteers and docents to interact, educate and entertain zoo guests.

Please continue collecting: Zookeeper items, bug spray, sun screen, protein bars, carabiner clips, Shoes soles4 soles, Mascara (used) Wands for wildlife, and Empty TT and PT rolls.

Future projects: July 7 Sunday 2-3 pm. Lecture at Manatee Lagoon. Tales of the Mangroves.



EDUCATION - Kathy Stackhouse Join for the Summer!

The Palm Beach County Library System kicked off their **summer reading program** for children and adults on Monday, June 3. The program titled *A Universe of Stories* will run through Friday, July 26, 2019. Participants register at any library branch and get the forms needed to log activities for their particular age groups. When these forms are completed, they are returned to the library for a prize and entry into a drawing. The libraries are also hosting many events around the space theme.

On **Wednesday, July 24**, we will pay a final visit with our current class of 4-year-olds at the Hispanic Resource Center. This group is moving on to kindergarten in August and we want to send them off with a gift - of a book of course. The hardback picture book purchased from First Book is Sam McBraney's *There, There*. This is from the author who wrote *Guess How Much I Love You*. Please join us at 10 A.M. on that day to help congratulate our special kids.



HOME LIFE- Suzan Close

We partnered with the Palm Beach Gardens Woman's Club for the Chef of the Day program at Quantum House. We had 6 members from our club and 5 members from the Gardens club, including our District 10 Director Carol Renick, prepare dinner for almost 70 people. We also gave out 40 handmade pillowcases to all the children at the house. Suzan plans on another dinner later this year.

June is Alzheimer's and Brain Awareness Month. Here is the first part of the article that you may want to google and read the whole thing. Most of us are at the age when we start to wonder if that is the reason, we can't remember people's names, places we know well or what an object is called we use every day. This article will help clarify those issues.

What is Alzheimer's disease?

Alzheimer's disease is a progressive form of dementia. Dementia is a broader term for conditions caused by brain injuries or diseases that negatively affect memory, thinking, and behavior. These changes interfere with daily living. According to the Alzheimer's Association, Alzheimer's disease accounts for 60 to 80 percent of dementia cases. Most people with the disease get a diagnosis after age 65. If it's diagnosed before then, it's generally referred to as early onset Alzheimer's disease. There's no cure for Alzheimer's, but there are treatments that can slow the progression of the disease. Learn more about the basics of Alzheimer's disease.

Alzheimer's facts

Although many people have heard of Alzheimer's disease, some aren't sure exactly what it is. Here are some facts about this condition:

- Alzheimer's disease is a chronic ongoing condition.
- Its symptoms come on gradually and the effects on the brain are degenerative, meaning they cause slow decline.

- There's no cure for Alzheimer's but treatment can help slow the progression of the disease and may improve quality of life.

- Anyone can get Alzheimer's disease but certain people are at higher risk for it. This includes people over age 65 and those with a family history of the condition.

- Alzheimer's and dementia aren't the same thing. Alzheimer's disease is a type of dementia.

- There's no single expected outcome for people with Alzheimer's. Some people live a long time with mild cognitive damage, while others experience a more rapid onset of symptoms and quicker disease progression.

Each person's journey with Alzheimer's disease is different. Find out more details about how Alzheimer's can affect people. Dementia vs. Alzheimer's. The terms "dementia" and "Alzheimer's" are sometimes used interchangeably. However, these two conditions aren't the same. Alzheimer's is a type of dementia.

Dementia is a broader term for conditions with symptoms relating to memory loss such as forgetfulness and confusion. Dementia includes more specific conditions, such as Alzheimer's disease, Parkinson's disease, traumatic brain injury, and others, which can cause these symptoms.

Causes, symptoms, and treatments can be different for these diseases. Learn more about how dementia and Alzheimer's disease differ.

Symptoms of Alzheimer's disease

Everyone has episodes of forgetfulness from time to time. But people with Alzheimer's disease display certain ongoing behaviors and symptoms that worsen over time. These can include:

- memory loss affecting daily activities, such as an ability to keep appointments
- trouble with familiar tasks, such as using a microwave
- difficulties with problem-solving
- trouble with speech or writing
- becoming disoriented about times or places
- decreased judgment
- decreased personal hygiene
- mood and personality changes
- withdrawal from friends, family, and community

Symptoms change according to the stage of the disease. Find out about early indicators of Alzheimer's and how they progress into more severe symptoms.

Preventing Alzheimer's

Just as there's no known cure for Alzheimer's, there are no foolproof preventive measures. However, researchers are focusing on overall healthy lifestyle habits as ways of preventing cognitive decline. The following measures may help:

- Quit smoking.
- Exercise regularly.
- Try cognitive training exercises.
- Eat a plant-based diet.
- Consume more antioxidants.
- Maintain an active social life.

Be sure to talk with your doctor before making any big changes in your lifestyle. Read more about possible ways to prevent Alzheimer's.

The takeaway

Alzheimer's is a complicated disease in which there are many unknowns. What is known is that the condition worsens over time, but treatment can help delay symptoms and improve your quality of life.

If you think you or a loved one may have Alzheimer's, your first step is to talk with your doctor. They can help make a diagnosis, discuss what you can expect, and help connect you with services and support. If you're interested, they can also give you information about taking part in clinical trials.

Sewing workshop information will be sent out by email when we have enough people who can attend. Right now it looks like August.



INTERNATIONAL OUTREACH - Linda Walker

May International Dinner: We celebrated Cinco de Mayo on May 18 at Rosalita's with 11 members, 2 guests and 6 boosters.

July International Dinner: In observance of Independence Day, we will have our International Dinner at Park Avenue BBQ at the Palm Beach Gardens Mall, on Monday, July 8 at 6 pm. They

have a beautiful patio and plenty of room for a large crowd. Hope you will all want to join me! If you like, we can all wear red, white and blue for the occasion! Please let me know by Friday, July 5 so that I can secure enough room for all.

Christmas at Sea: (Seamen's Church Institute (SCI) promotes the safety, dignity and improved working environment for the men and women serving in North America and International maritime workplaces. I have been collecting knitted hats and scarves for the mariners away from home since our January meeting and am thrilled with what I have received! Jean Allen has donated lots of yarn and time and has knitted 21 beautiful hats and 8 beautiful scarves. THANK YOU SO MUCH JEAN FOR A JOB WELL DONE! I am proud to be mailing them to out this week.

Free the Girls: You girls are the best!!! At the last minute I asked for bras and cami's, and boy did I get some! I will be mailing 36 bras and 11 camisoles to Chesterton, Indiana tomorrow! It is interesting how this organization got started. For more information on this Nonprofit Organization, see <http://freethegirls.org/>. THANK YOU SO MUCH TO THOSE WHO CONTRIBUTED.

Operation Christmas Child/Samaritan's Purse: Thanks to all who have shopped and donated item for this very special shoe box project! This project will be ongoing through the end of October when we will pack the boxes. Please concentrate on bringing flip flops and/or age 2-4 boy and/or girl clothing or soft blankets to our July meeting. THANK YOU. For other ideas on what to collect, see www.samaritanpurse.org.

Operation Smile: (President's Project) is an international children's medical charity that performs safe cleft lip and cleft palate surgeries and delivers post-operative and ongoing medical care to children in low-income countries. After receiving surgery, each child receives a Smile Bag filled with the following ten items: Washcloth, bar of soap, small shampoo, small mirror, comb, toothpaste, toothbrush, coloring book, crayons and a small stuffed animal. We made 22 beautiful "Smile Bags" and collected 22 of each item requested to fill these bags. This is truly a life changing event for these children, and I am proud that we were able to participate in putting a smile on 22 children's faces! In addition, JeffAnne and Bill Pike will hand deliver these bags and products to the Operation Smile Headquarters in Virginia Beach during her summer vacation. Thank you so much for each of you who participated in this project, AND A BIG THANK YOU TO JEFFANNE AND ONE OF OUR VERY BEST BOOSTER MEMBERS, BILL.





PUBLIC ISSUES - Cathy Hopkins

RANDOM ACTS OF COOKIES: We had 4 members (plus 4 members sending them early) bag the cookies for one of our fun projects Random Acts of Cookies. If you have never delivered the cookies with us, you are missing a blessing. All are so thankful and appreciative of the gift of cookies, it's a treat to see their faces. June 11, 4 members delivered cookies to the Juvenile Justice Office in Lake Worth, The Stockade by the fairgrounds, Fire Station 34, and Trauma Hawk at the airport. The pilots were so excited but still wouldn't let us sit in the helicopter!

We hope to do another delivery in August.





FORGOTTEN SOLDIERS OUTREACH: Thank you to all that brought items for the Forgotten Soldier's Outreach and for the Homeless Vet program. Next month, July, for the Forgotten Soldier, we are asking for small INDIVIDUAL Trail Mix packages. They come many in a large bag.



For our collection of items for the bags for the **Homeless Vets** we are asking for toothbrushes and tooth paste to be brought to the July meeting.



Mary Evelyn and I made the **VA centerpieces** on June 18, and delivered them to the VA Hospital for their 4 of July dinner.





The Women Veteran's baby shower is the 3rd week in August. Please bring any of the following items to July's meeting: bath gel, hand cream, emery boards for nails, nail polish, pink razors, anything you think would come in handy to a new mother. Maybe a piece of jewelry you no longer wear. We do not need tea bags, note pads but could you pens. Remember, we do 22 bags.



ESO - Linda Ferris

Summer is a great time to read books, and audio books are fun if you are driving to a vacation spot. We learned about audio books from our June speaker, so visit your local library, and check out an audio book. I hope our ESO members are tracking the books you are reading, and are reporting them to Stephanie, the state ESO chairman. Please keep track of the number of

books since we file a report at the end of the year of the total number of books each ESO member reads. If you are not a member of ESO, it's easy to join. Just ask me for the form. You should send the reading forms after completing a group of five books in any category. I can email ESO reporting forms and reading lists to you if you prefer. Our June 12 book luncheon was so much fun we plan to have another.

If you'd like to post a brief book review about a great book you have read, please do so next month.



PUBLIC RELATIONS – Linda Ferris

Our club was featured in the June 11 **Membership Monday**, for cooking dinner at the Quantum House with the Palm Beach Gardens Women's Club.

In the News, we were successful with six newspapers printing info about our fashion show, mainly in the calendar section. We did receive great play in The Post, with our quilt picture, and the "Lake Worth Observer," with several paragraphs about our fashion show in two issues. The best play our club received was in the "Palm Beach Post" Accent section, when they ran the picture of our two scholarship winners with Kathy and Mary Evelyn.

Thank you for continuing to use **Facebook** to post pictures of our club events. We have had many posts to our official club page, our discussion page, and member's individual pages. Donna really knows the importance of using our FB Discussion Page, which is open only to our members.

Many members were in the running for the coveted **Pat on the Back** this month, but one member posted a club project that featured the full name of our club, why people should support the project, and exactly HOW they can support it.

The "Pat on the Back" for June goes to Linda Walker, with the Free the Girls post on Facebook! She really got our club's name out in the Community!



GFWC SPECIAL PROJECT - Domestic Violence Awareness and Prevention- Linda Ferris

We collected a carload of items for the children at **Harmony House** at the June club meeting, so I decided to deliver the items instead of waiting until after the July meeting. After a show of hands revealed members really didn't have additional children's items, we plan to deliver the children's toys, clothes, shoes, carseat, stroller, etc., along with diapers purchased with club funds. Diapers were at the top of their wish list. Thanks to Liz Bloeser and her daughter, along with Kathy Stackhouse who donated most of the goodies. Thanks to Janet for shopping for the diapers with the Pcard.

Some women escape domestic violence with only one purse. We can help them with an easy club project. Every woman enjoys having an extra purse, so we will collect new and gently used purses for the women at **Harmony House** at the July 22 and September 23 club meetings. This is our annual "**Purses With a Purpose,**" club project. If you have some purses you are not using, please consider donating them.

Last year, a speaker from **Grandma's Place**, a temporary shelter for abused children, spoke at our club meeting. We learned they also have special needs children, too. We donated food and household items that were on their wish list. They are located in Royal Palm Beach. We will collect items at the August 26 club meeting and Janet Carlson has offered to deliver them. The requested items include: cereal, juice boxes, canned chicken, paper towels, paper plates, paper bowls, napkins, bottled water, dry milk, peanut butter, large bottles of apple or cranberry

juice, individual snack pages, individual apple sauce, Saltines or club house crackers, and rice crispy.

LEADERSHIP - Mary Evelyn Mitchell

WHO AM I

I was not born in the US but I became a citizen and a famous movie star in the 1930's and 1940's. I made approximately 30 movies and had 6 husbands. I also liked inventing. Howard Hughes once put a team of scientists and engineers at my disposal to make whatever I asked for. I received a US patent for a Secret Communications System. The early technique for this spread spectrum communications was the key to present-day wireless communications like the cell phone. I was inducted into the National Inventors Hall of Fame. A quote from me is "Any girl can be glamorous. All you have to do is stand still and look stupid". Who am I?

Send your answer to Mary Evelyn!

JeffAnne received the "Orange" you observant award for answering last month's Who Am I question.



LEADER OF THE MONTH

Linda Ferris was awarded her Leader of the Month Certificate for April and JeffAnne received the Leader of the Month for May for chairing the Fashion Show. Suzan Close was also awarded the Leader of the Month certificate for organizing the Quantum House project.



JeffAnne presented 2018 Co-President Cathy Hopkins with her President's Scrapbook. Co-President Suzan Close, who was not at the meeting, was presented with her book at a later date.

DISTRICT 10 NEWS

The District 10 Summer Meeting will be August 10 in Palm Beach Gardens. Registration will be available at the July meeting and blank greeting cards will be collected at this District meeting. This is a convenient location so I hope some of you can attend.

DATES TO REMEMBER

July 7th- Manatee Lagoon Lecture

July 8th- International Dinner

July 15th-Board Meeting

July 16th- Ladies Day Out

July 22nd- Business Meeting

July 24th- Hispanic Human Resource Center

July 25th- Zoo Delivery

Happy July 4th

