

GENERAL FEDERATION OF WOMAN'S CLUB

BIG RAPIDS NEWSLETTER



Linda Telfer, President
Pat Rossi, 1st VP
Melanie Henry, 2nd VP (membership chair)
Joyce Iltis, Secretary
Sue Johnson, Treasurer
Ann Stellard, Parliamentarian

WEBSITE: GFWC-BIGRAPIDS.ORG

"Working for a Better Community"

January, 2023



President's Note



Happy New Year Sisters!

Hope you enjoy this newsletter; lots of pictures this month.

Reminder— submit your reports including your individual hours to Pat Rossi.

Linda Telfer, Club President & Newsletter Editor
(Contact info: LindaTelfer@ferris.edu)

P.S. Can you find the snowflake  in this newsletter?



January 9—1st Calvin Speaker—"What Can a Body Do? - D. Sara Hendren

January 10—GFWC Meeting at the Elk's @ 6:30 p.m.

January 11 — Wear Blue Day for Human Trafficking Awareness Day

January 16—Martin Luther King Jr. Day of Service—1:00 p.m. and 6:00 p.m.

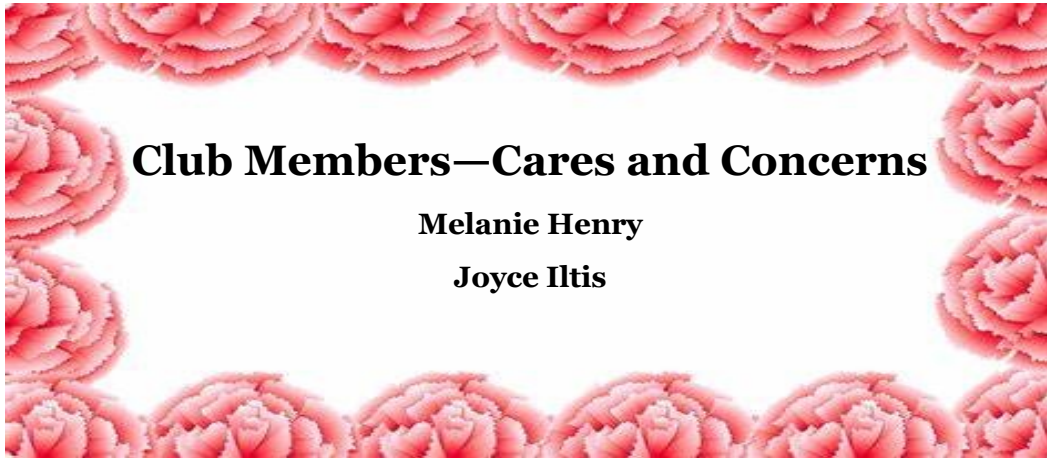
January 24—Coffee Talk 10:00 a.m. Three Girls Bakery

February 3—"Wear Red Day" for Heart Health Month

YARD SALE—As you pack away your Christmas decorations this year why not sort through the items? Are there things you didn't put out this year? Thinking of changing up your Christmas color scheme next year? Maybe you received a gift that you just don't want or won't use. You could set aside these items for the yard sale in 2023.

January 11 —Wear Blue Day

February 3—Wear Red Day



JANUARY BIRTHDAYS
NO BIRTHDAYS THIS MONTH

Meeting Checklist
January 10, 2023

- Operation Smile Items (both sewing kits & needs list items)
- Can Pull Tabs for the Ronald McDonald House
- Batteries for recycling
- Mats for the Homeless
- Plyarn (plastic yarn) or plastic bags to make plyarn
- Children's book donations of nearly new books
- Quarters/checks for Heifer International
- Clean pop cans to assist the Big Rapids Scout Camp
- Greeting Cards (recycled) for all occasions for the Senior Center
- Money for Drawing

UPCOMING EVENTS

Wear Blue

JANUARY 11th IS

#WearBlueDay

Learn more: dhs.gov/bluecampaign

Wear Blue



BLUE CAMPAIGN
One Voice. One Mission. End Human Trafficking.

OPERATION SMILE



NEEDS LIST FOR CHILD LIFE THERAPY:

Blocks – plush/wood/plastic Bubbles (liquid)

Building blocks set Card games

Construction paper, Stickers, Markers Paper, art /easel (per roll)

Dolls- barbie style dolls - little figures Marvel Figures

Matchbox cars Play-doh

Puzzles Hand fidget spinners

Stacking toy set Stress Smile Face balls

Stuffed Toys (medium size){clean/not dirty/stained or over used

Yo-Yo Any activity toys for kids

These items will continue to be collected through the April meeting.

It's a Volunteer Thing....

MARTIN LUTHER KING JR. DAY OF SERVICE

January 16, 2023

1:00 p.m.—Project Starburst

6:00 p.m.—OBK Shelter



Mark your Calendar—We need you!!!



Arrangements have been made to volunteer at Project Starburst. Yes there are things that you can assist with and it isn't unloading a truck. 😊 They have clothing donations to sort through for one thing which is not hard but takes a considerable amount of time.

ALSO



Our Brothers Keeper Shelter is another opportunity where we will do a craft with the children at the shelter. If you have a craft idea, please let Melanie know.

A sign-up sheet will be available at the January meeting.

SOCIAL EVENT(S)



COFFEE TALK

The next Coffee Talk will be **January 24**, at Three Girls Bakery. Please consider joining us at 10:00 a.m. and **bring a friend** who might be interested in GFWC.

What's Been Happening?

CLUB DONATIONS

ARTWORKS



CHILD ADVOCACY CENTER



Checks were presented to Artworks and Open Arms Child Advocacy Center in the amount of \$536 each. This was a result of our 4B's Fundraiser that we held in October. Thank you to everyone that made this possible.



WISE CHRISTMAS FAMILY

Pictured left are Ann Stellard and Vickie Vogel delivering gifts for the WISE family that we adopted this year. Thank you to everyone who donated, the committee who went shopping, and all the elves that helped with the wrapping and delivery.



CHRISTMAS PARTY

Below are some pictures that were taken at our Club Christmas Party on December 13th at Three Girls Bakery. It was nice to have dinner together, play a couple of games (thank you Pat), find out who our Secret Sister was, help a family from the WISE Shelter, and donate books to Project Starburst. Members took the centerpieces that were designed by the Environment CSP and delivered to those who they know that are shut-ins or needed a little Christmas spirit.





OUR BROTHERS KEEPER SHELTER



At the November Club meeting, members made an assembly line and filled bags with candy. These bags along with a Christmas card were then delivered to Our Brothers Keeper Shelter as a special treat.

Monthly Walk

The **Health and Wellness CSP** on their monthly walk. Would you like to join them? Contact a committee member for further information.



Mitten Tree

The mittens were delivered to Angels of Action to keep the local children warm this winter. Pictured are members Mary Bechaz, Mary Beth Vanderlist and Vickie Vogel.

Library Christmas Party

The Education & Libraries CSP assisted the Big Rapids Library with their Christmas Party. Thank you to Joan Boroff, Jerena Keys, Joyce Iltis and Jill Shea.



Library Christmas Party continued.



GFWC AFFILIATE ORGANIZATION SPOTLIGHT



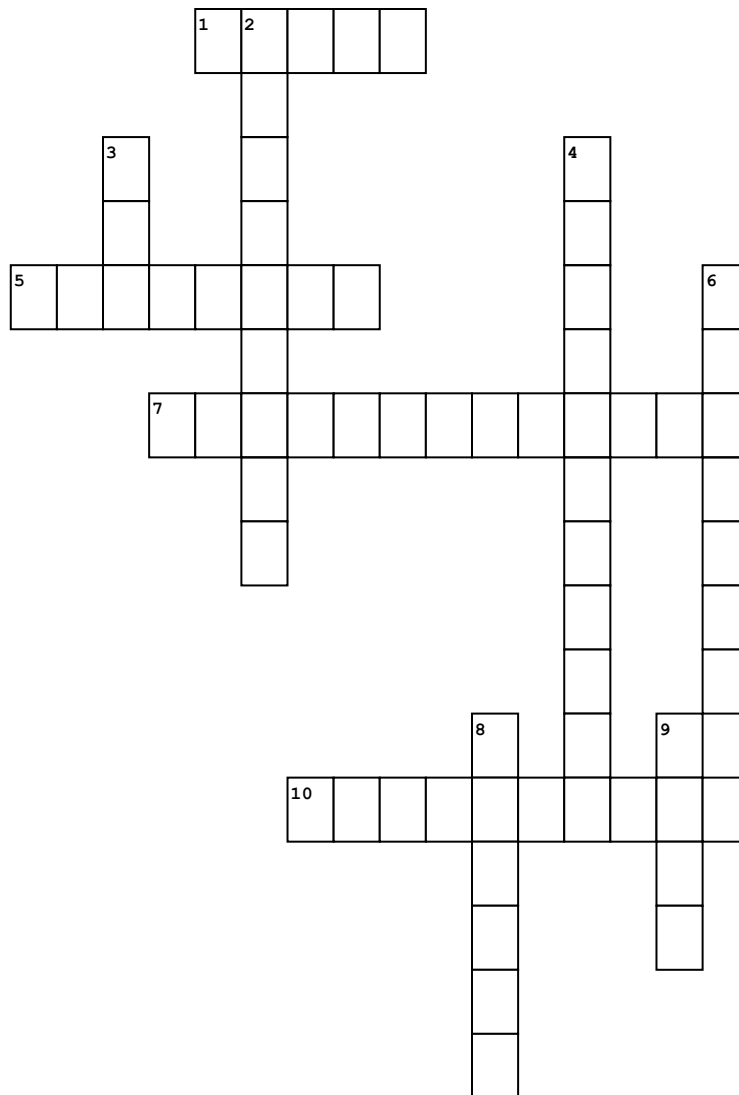
HOPE FOR JUSTICE



Hope for Justice

Founded in 2008 in the United Kingdom, [Hope for Justice](#) works from more than 30 locations across five continents to bring an end to modern day slavery and human trafficking by preventing exploitation, rescuing victims, restoring lives, and reforming society. Hope for Justice is made up of world-class specialists with the skills and experience to help end human trafficking and provide trauma-informed care to survivors. Hope for Justice focuses on rescuing victims, empowering people to protect themselves and their families, working with survivors to rebuild their lives, and reforming society by training professionals to spot the signs of trafficking.

GFWC-Big Rapids Crossword Puzzle - January 2023



Across

- (1) State President Kathy _____
- (5) Civic Engagement & _____
- (7) State President's Project
- (10) Monthly Social Event

Down

- (2) _____ and Libraries
- (3) 1st Vice President
- (4) CSP that cares for the two flower gardens
- (6) Community _____ Program
- (8) CSP that provides monthly recipes ____ & Wellness
- (9) Monthly meetings are held at the ____



Brought to you by Health and Wellness

‘KEEPING OUR BRAIN HEALTHY’

We all know how important brain health is, especially as we age; 6.5 million people over the age of 65 are living with dementia and Alzheimer’s. Below are some facts regarding dementia and Alzheimers:

- It was the fifth leading cause of death in 2019.
- 11 million caregivers are unpaid valued at over \$256 billion.
- One in three seniors die of Alzheimers.
- It kills more than breast and prostate cancer combined.

So as you can see, keeping our brains healthy as we age is extremely important.

Recent research is showing that how we eat has a large impact on our brain health. Sugar, high fructose corn syrup, soda pop, and the chemicals that are used in our farming all contribute to damage to the brain. So, if we can do simple things like change how we eat to protect our brains as we age, why not do so? Trying to eat as much organic foods as we can, and adding the following foods to our diet that will aid in memory loss, can repair our brains and slow brain shrinkage and block aging and inflammation in the brain. Please add the following foods to your daily diet to help with keeping your brain healthy for life; all dark, leafy greens, celery, broccoli, all colors of peppers, apples with the skins, parsley, cabbage and the herbs thyme and chamomile as a tea.

NOTE: The monthly recipe will be shared at the January meeting.



Stay healthy and warm.