



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

Annual Reporting January 1- December 31, 2024

Chairman: Jan Kriz	Club: Hemet Woman's Club	
# of Club Members (as recorded in 2024-25 <i>CFWC Yearbook</i>): 39	District: DeAnza	Area: D
Club Position: Health and Wellness Chairman		
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<u>HEALTH AND WELLNESS</u>		

The Hemet Woman's Club was founded in 1906! We celebrate the women whose foresight envisioned a community library and dedicated their efforts to ensure its success. The legacy handed down from the original group of 13 women has focused on improving the quality of life in our valley through a wide variety of special projects. Through the year we have fostered the GFWC motto of "Living the Volunteer Spirit" as it continues our commitment to community service.

Project Title: Inspiration Through Horses **Hours** 73 **Donated \$** 337 **In Kind:** \$ 45

THE Center (Therapeutic Horsemanship Equestrian) is a nonprofit facility focusing on creating positive impacts in the physical, emotional, cognitive, and psychological abilities in humans with or without special needs. This Center is now fully operated by volunteers as they are not currently financially able to employ people. And have recently become managed by a new group of people.

Fundraising is a major focus of the facility currently to be able to care for the animals and eventually provide horse lessons and therapies for handicapped children and adults again.

In the past, several Hemet Woman's Club (HWC) members have supported this project through volunteering to help with arts and craft events with the children, upgrading landscaping and gardening and donation of funds in the past for different needs at the Center.

A current event taking place twice a month, on Saturdays, is titled "Coffee with the Horses" fundraiser that is becoming a big success. And with the Holidays a pancake breakfast with Santa event was also performed. THE Center put out a request for donations of hot chocolate, water, and pancake mix with sausages. HWC members stepped up to the plate providing 478 packets of hot chocolate packets, jugs of water, and the breakfast items for the event. At the Holiday event a Christmas tree is adorned with gift tags listing names of the animals at the Center and their needs.

This is another way HWC members were involved this year by purchasing the needed items and donating them to THE Center. One member donates her time at every event that is held. This is such a rewarding experience for the HWC members to be able to share as they watch the children smiles grow with laughter while feeding a treat or carrot to a horse. This project will continue to be supported by the HWC.

As said by Winston Churchill, "There's something about the outside of a horse that is good for the inside of a man".

Project Title: Life at the Community Center **Hours:** 32 **Donated:** \$300 **In Kind:** None

The Wellness and Community Outreach Center of Hemet is a lifeline for struggling families in the valley. Rich in resources and partnered with the Hemet Unified School District, it offers behavioral and mental health services, a food pantry, a self-serve laundromat, a clothes closet, school supplies, parent involvement opportunities and assistance with childcare, tutoring, housing and utilities.

Seven members from the Hemet Woman's Club (HWC) had the pleasure of attending a "Day of Service" and touring this amazing facility. They donated 8 bags of nonperishable food goods and 25 bags of clothing and toys. They were shown the clothes closet where children can come for school clothes, teens for prom dresses, and adults needing clothing for interviews. There were also classrooms for learning computers, English and Citizenship. This outreach center is really set up to facilitate the success of our less fortunate community members. This is an ongoing project that the Club will support through volunteerism of time, sorting clothing for the closet and donation of food items as requested by the Center.

Project: Giving Best Shot for Healthier World **Hours:** 7 **Donated:** \$ 50 **In Kind:** \$ None

Helping to protect our future generations through providing vaccinations to children across the world, is very important to our Club. This year a focus on measles vaccine particularly was activated by the U. N. partner Shot @ Life, due to cases doubling globally and tripling in the U.S. Four members of the Club signed petitions twice this year to encourage our congressmen to globally fund measles vaccines to children worldwide. Members also donated \$50 towards the goal of the General Federation of Women's Clubs (GFWC) goal of \$80,000. By reaching that goal club women will help to protect 16,000 children from measles.

Project Title: Home Instead "Santa for Seniors" **Hours:** 40 **Donated:** \$546 **In Kind:** \$ None

The ladies of the Hemet Woman's Club (HWC) become "Santa for Senior" each year to shut-in seniors in the community by participating in a program with Home Instead, (trusted source of in-home elder care services in our valley). Our project chairman received 15 name tags from Home Instead and placed them on a fake Christmas tree display at the Nov. general meeting. Each tag has a senior's name stating man or woman and the type of gift with size they would like to receive. Club members purchase the gifts and deliver them unwrapped to the Home Instead facility. Home Instead sponsored a huge gift-wrapping event with invitations to all the community nonprofit organizations to enjoy wrapping all the gifts for the seniors. Three of our members joined in the festivities and wrapped many gifts. The gifts are then delivered a few days before Christmas. Imagine how happy these shut-in seniors are to receive a lovely, wrapped gift on Christmas Day.

Project Title: Embrace Life in a Healthy Way **Hours:** 45 **Donated:** \$29 **In Kind:** \$None

The Health and Wellness committee for Hemet Woman's Club takes a leadership role in addressing women's health issues. Beginning in February, American Heart Health month allowed for discussion of keeping calm and saving your heart and the risks of heart disease and ways of prevention. Decreasing stress being one major culprit of heart disease, the chairman provided a much enjoyed and appreciated way to decrease stress by providing each member with a red rubber heart shaped squeeze ball, with a happy face on it. She encouraged members to keep it close, in their purse or in their car, to use as soon as they felt any stress causing emotional, psychological or physical symptoms. October being Breast Cancer Awareness month, the Club invited a representative speaker from Michelle Place, Cancer Resource Center, assuring no one faces Cancer alone. November being National Caregivers Month information listing 100+ ways to care for the caregiver were discussed and copies of the list were made available to the members. Finally, the month of December, known for its giving atmosphere, our membership chairman created a way to give in a big red way and set up a blood donation session at the local Life Stream Blood Center. Three Club members donated blood.

Project Title: Encouraging "Girls Love Mail" **Hours:** 21 **Donated:** \$2.72 **In Kind:** \$30

In honor of Breast Cancer awareness in the month of October, the Hemet Woman's Club (HWC) always supports a project called "Girls Love Mail". This is an organization that sends letters or cards of encouragement signed by women across the U.S. to cancer centers who then give them to their patients. This year our Club distributed cards to be signed at their September general meeting, with 63 cards being signed with words of encouragement and then sent on to the organization. The importance of knowing that others care daily really hits home with some of the Clubs' own cancer survivor members.

Project Title: Feast Your Eyes on This Project **Hours:** 15 **Donated:** \$3 **In Kind:** None

According to the California State Board of Optometry, 2.2 billion people worldwide have a vision impairment or blindness. In California alone, millions of people suffer from this health issue that could have been prevented or has not been addressed. The donation of used eyeglasses can help address this problem. The Hemet Woman's Club runs a collection throughout the year but during the months of October through December, special emphasis is made to encourage donations. A note was included in the newsletter alongside emails sent to encourage members to clean out their cupboards and drawers and bring in family member's glasses no longer being used.

A specially designed collection box was set up and during that time we received 58 pairs of eyeglasses, 8 pairs of sunglasses and 24 glass cases. After they were sorted and boxed, this collection was delivered to the Hemet Lion's International in Sight Program who distributes them to optical missions around the world. By participating in this easy project, the Hemet Women's Club is helping in the fight against vision impairment and improving the quality of life for many individuals by enabling them to read, work, and live independently. That is something to feast your eyes on!

Project Title: "House That Love Built"! **Hours:** 100 **Donated** None **In kind:** \$837

Providing a home away from home, for families in need, is the mission of the Ronald McDonald House (RMH) Inland Empire. Families arrive often with only the clothing they are wearing that day. It is a very stressful environment for the family, in emergency situations, when their child has been stricken with critical illness or injury and transported to the Loma Linda University Children's Hospital or other nearby hospitals. The families find themselves miles away from their homes. RMH provides currently 54 fully furnished apartments for these families. Families can cook simply in their apartment and have full access to a community pantry and dining area. Cupboards are always full of canned goods, boxed goods, and snacks.

This is where our club steps in. The general membership collected boxed and canned goods, snacks, paper goods, personal items, baby items, handmade quilts, blankets, crocheted hats and slippers as requested on their "wish list". This is then delivered to the chairman at a designated general meeting and later delivered to the facility in Loma Linda. Also pull tabs are collected throughout the year and donated to the RMH to help pay their office expenses. A sister club, Woman's Club of Holtville donated pull tabs totaling 30,721 with Hemet's 24,316 it was grand total of 56,037 pull tabs! \$110 in gift cards were donated by members. The chairman and six members delivered the items and had an arranged tour of the facility on the delivery trip. The tour was given by the Executive Director of the facility herself. Our members are always treated with respect and made to feel an important part of the "village" it takes to make this wonderful "House that Love Built" a success. The second delivery trip was made by the 2 co-chairman of this project and the staff were ever so grateful to accept our thoughtful donations.

Being able to witness the impact no matter how small, on the community this project provides people, we will continue to support the Ronald McDonald House Inland Empire in the future.

