



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

Annual Reporting January 1- December 31, 2024

Chairman: Kim O'Brien	Club: Temecula Valley Woman's Club	
# of Club Members (as recorded in 2024-25 CFWC Yearbook): 57	District: De Anza	Area: D
Club Position: Chair, Health and Wellness		
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<u>Health and Wellness</u>		

In 1980, a small group of energetic, community and service-oriented women met and founded the Temecula Valley Woman's Club (TVWC). With membership of ten, the Club was chartered as the CGWC/ GFWC that same year, and incorporated in 1981. The Temecula Valley is a community in Southwest Riverside County with a population of approximately 210,000. The Club's membership is currently 57 women committed to their original and still viable mission to improve the education, ethical, and cultural life of the community.

Project Title: Monthly Birthday Lunches for Seniors Hours: 371 Donated: \$0 In Kind: \$1885.50

The Health and Wellness committee has worked closely with the Wildomar Senior Leisure Living Community and Assisted Living, a development for low income, active senior citizens ages 55 and over. Each month we provide a hot lunch for the residents – our TVWC soups from Home Tour are a big hit. Those residents celebrating their birthday that month also receive a birthday gift bag. Each month, we have a different menu and committee members sign up to provide on part of the menu. We sing 'Happy Birthday' while serving birthday cake and ice cream. This year we were able to bring in a local non-profit group to play songs on their ukuleles.

Project Title: Thank you cards for Veterans Hours: 32 Donated: \$25 In Kind: \$15

In Temecula, there is a Veterans Affairs office which is visited by many of our men and women that have served our country. Our committee felt that we wanted to make certain that these wonderful, brave folks who have made sacrifices for our country did not feel forgotten. One member ordered special patriotic paper from Amazon, designed cards, and cut out the pieces for assembly. We decided to include our friends from the senior housing in Wildomar to assist us in putting everything together. After our October luncheon was served, many ladies stayed after to help us. Quite a few of the senior ladies mentioned that their husband had been a veteran and they were so pleased to be a part of this project. At our November General meeting, the cards were passed around and members wrote notes and signed the blank inner part of the cards. In total, we made 75 handmade cards and two members and a veteran husband delivered them to the office to be dispersed. The cards were very well received.

Project Title: Tour de Murrieta Hours: 88 Donated: \$0 In Kind: \$0

The Temecula Valley Women's Club had eleven volunteers from the Health and Wellness Committee help at the 19th Annual Tour de Murrieta. The Tour de Murrieta is an event recognized as one of California's most prestigious race weekends and will feature the most competitive race teams in California! We acted as course marshals on the Circuit Race course, a rolling 4-mile course with eight turns, providing safety and security as the bicyclist raced. In return the Stage 2 Bike team volunteers at our holiday home tour, helping us with parking.

Project Title: Walk and Brunch Hours: 50 Donated: \$0 In Kind: \$0

The TVWC Health and Wellness Committee worked towards sharing knowledge on better health and increasing physical activity of team members throughout the year. Staying fit is one of the pillars of healthy living and "Walking" is one of the easiest ways to promote healthy living. We organized activities for TVWC members such as incorporating a "Walk in Place" event during our clubs' monthly meeting and organized "Walk and Brunch" events where team members participated.

- February 27: Walked around Temecula Duck Pond followed by brunch.
- April 23: Walked around Temecula Old Town followed by brunch.
- April 25: Walked in Place during the TVWC Monthly Meeting.
- July 12: Walked and followed by Potluck lunch at Winchester.

Project Title: Mastectomy Bags Hours: 108 Donated: \$435.47 In-Kind: \$414.00

Michelle's Place Cancer Resource Center began as a tribute to Michelle Watson, a 26-year old victim of breast cancer in July 2000, and is now serving over 10,000 free services a year to individuals and families impacted by all kinds of cancer. Prior to the cancer awareness month of October, committee members met to construct 50 each mastectomy heart pillows and seat belt covers. Our members donated journals, pens, and lip balm, and the committee purchased 42 fluffy socks, 40 reusable water bottles, 40 washable grocery bags, half aprons to hold mastectomy drains when showering.

