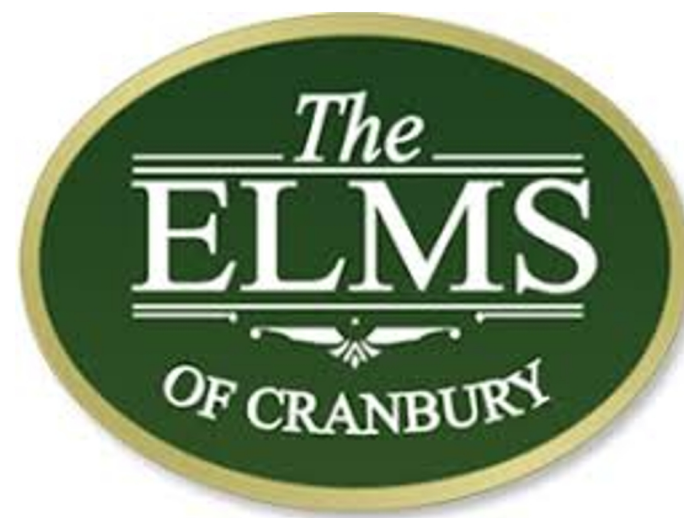


Health & Wellness



Crafting cards for The Elms residents to use. It was a success evening. Pictured are Terri Morrow, Pat Lewis, Sally O' Grady, Joan Aprigliano, Barbara Kennedy, JoAnn Charwin, Sue Adiletta, Kathy Henner, Anne Huston and Brenda Shaffer.



September 15, 2021 - Crafting Cards for The Elms

Health & Wellness



Seventeen members and one prospective member met at the home of Joan Aprigliano and assembled 80 stockings for our overseas troops. They were delivered to the NJ Military Support Group along with a donation check to help defray shipping costs over seas.

Stockings for the Troops - October 11, 2021



MILITARY SUPPORT GROUP OF NJ, INC.
 P. O. Box 118
 Stratford, NJ 08084
www.themilitarysupportgroupofNJ.com
 P: 856-783-1953, C: 609-206-2015
 Email: KarenJJennings@aol.com

October 25, 2021

Sue Westerberg, Federation Secretary
 The Woman's Club of Cranbury
 PO Box 94
 Cranbury, NJ 08512

Dear Ms. Westerberg and The Woman's Club of Cranbury Members,

Thank you very much for your generous \$100.00 donation *and* the Beautiful Christmas Stockings!! They will go to an Air Force unit, along with our Holiday Packages, by Thanksgiving!

We've sent **452 care packages** so far this year to our *Active Duty* Deployed Military Troops, and most of the Boxes go to Iraq, Djibouti, Poland, So. Korea, The Phillipines, Cuba & Ships in the Middle East. We're also supporting Military Families at Pomona Air Base and Joint Base McGuire/Dix/Lakehurst.

Our Active Duty Deployed Military men and women are always *very* grateful for the care packages that are sent to them! A recent email - 10/14/21 Hello Ms. Karen, **We really appreciate your time and support and it puts a smile on our Soldiers faces. Thank you and take care. Very Respectfully, April, SFC, USA**

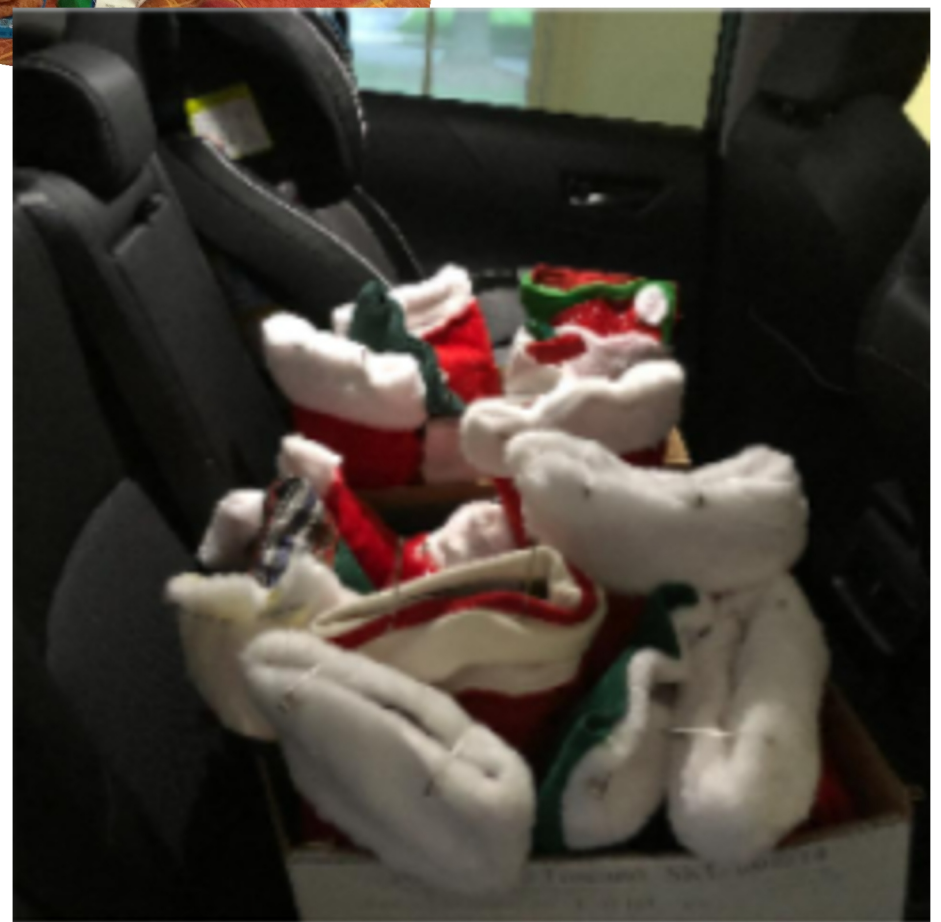
The Military Support Group of NJ Inc. is *extremely* thankful for your assistance, as ALL of us working Together make this work Possible! Thank You!!

Sincerely,

Karen

Ms. Karen Jennings, Director & Marine Mom
Military Support Group of New Jersey Inc., a 501 (c) 3
 P.O. Box 118
 Stratford, NJ 08084
 Office: 856-783-1953 cell: 609-206-2015
 Email: KarenJJennings@aol.com

CHECK #4969, \$100.00 and Beautiful Filled Christmas Stockings!!



Stockings for the Troops - October 11, 2021

Health & Wellness



18 members met at the home of Pat Lewis to learn about Reiki.

We also gathered woman's pajamas, soaps, candles, and small gifts to donate to Woman Aware. Due to Covid concerns at Women Aware, we ended up donating to Rise in Hightstown.

Maggie Fry was the presenter. She is a certified Reiki Specialist.



November 8, 2021 - Reiki Basics and Gathering Items for Women Aware