

## Health & Wellness (formerly Home Life)



25 club members have become "Birthday Buddies" with 2 patients each from the Elms Nursing Home. We send cards for more than just the patients' birthdays. Any occasion is a chance to spread some cheer.



September 2020 - Birthday Buddies



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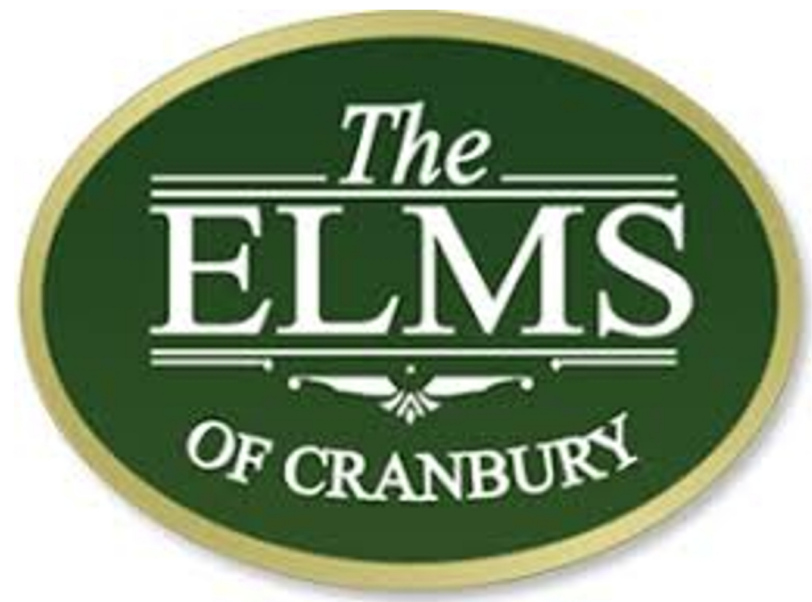


**Homelife created Thanksgiving centerpieces for the 15 patients dining tables at The Elms.**

**Due to the COVID-19 restrictions on our members getting together, and rather than disappoint the residents, Pat Lewis and Gale Scott made a command decision and put these together themselves.**

**They were delivered the week before Thanksgiving and the Elms staff was most appreciative.**

**Happy Thanksgiving to all from Pat and Gale.**



November 2020



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Once again this year, HomeLife is filled stockings for the military. Pat Lewis prepared a greeting card for each stocking with the Woman's Club stamp. Members filled supplied stockings from home. Included were snacks, personal care items, socks, CDs and batteries.

Since the Joint Base was not accepting items this year, Sue Westerberg worked with the Military Support Group of NJ, Inc. to get the stockings sent to the troops. We sent \$100 to cover shipping costs. Items may go to troops in Iraq, Afghanistan, South Korea, Cuba, Africa, Kuwait and Navy ships in the Mediterranean.



**Sue Westerberg and Gale Scott with 53 stockings for the troops**



October 2020

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Health & Wellness members came to the aid of the Better Beginnings Daycare Center in Hightstown, a nonprofit that provides safe, reliable, high-quality care for the children of many low-income hardworking parents. For our group's April project we asked the center how we could help and the women who run it said they had a desperate ongoing need for household paper goods. Members contributed paper plates, cups, napkins, and towels, an estimated \$250 worth, along with \$30 in cash. The center is putting the donations to good use and sends its heartfelt thanks.



April 2021