

HEALTH AND WELLNESS – NARRATIVE REPORT 2024

WOMAN'S CLUB OF LACEY, INC.

Dress in Red- Heart Month Promotion

In February, members of the Club were encouraged to wear red in honor of Heart Health month. The Club sponsored a speaker from Ocean County Health Department who provided an informative talk on heart health and provided educational materials at no charge.

Immunizations

At the October general meeting, the Woman's Club of Lacey sponsored a Flu Shot clinic in conjunction with the Ocean County Health Department. Twenty-five members and others from the community were immunized against seasonal flu and Covid 19.

Let's Get Moving

Members of the Woman's Club of Lacey enjoy physical activity in many forms. Sixteen members participated in the Let's Get Moving Challenge in 2024. Their activities included walking, biking, yoga, weight training, Zumba class, and pickleball. From September through December these members logged 660 hours of activity!

New Eyes for the Needy

Members collect used eyeglasses monthly and bring them to a local eye physician's office for donation to the Lions Bank. This year club members collected 220 pairs of used eyeglasses.

Nutritionist/Dietician Programs

In November, a guest speaker from the Ocean County Health Department presented a program on healthy eating to lower cholesterol and blood pressure. This registered dietician provided numerous handouts on reading labels and selecting healthy options.

Operation Smile

The members of the Health and Wellness Department of the Woman's Club of Lacey start collecting items at for Operation Smile at the January general meeting and continued through April. Operation Smile works hand-in-hand with communities worldwide offering free, life-changing cleft surgeries. After receiving surgery, each child receives a Smile Bag filled with small personal care items including shampoo, a comb, soap, toothpaste, toothbrush and a washcloth as well as toys, stickers and a mirror to see their new smile. This department teamed up with the Lacey Township High School cheerleaders and AYF (youth football and cheer) to supply over 100 sets of coloring books and crayons for the smile bags. Members also teamed up with the Arts Creative Department to sew Smile Bags to hold the collected items. Members sorted, counted, priced and boxed all donated items for Operation Smile. All necessary paperwork was filled out for pick up.

Walk A thon Participation

This year members participated in two walking events. The first was in May at a 5K sponsored by the NJ Sharing Network. Three members participated in the walk along the Ocean Grove Boardwalk. Also, each year in August, Lacey Township sponsors a 5K walk/run event. Five members of the Club participated in this event including one of our oldest members who is 88 years old. Helen DelaCruz placed first in her age group!

New Jersey Sharing Network

This non-profit organization supports organ donations and donor families. In May the Woman's Club of Lacey team participated in the annual "Celebration of Life 5K Walk/Run" hosted by the New Jersey Sharing Network in Ocean Grove, NJ. In September, members of the Woman's Club of Lacey manned a table on *Lacey Day* displaying the organization's banner, meeting the public and providing information about organ donation to community members.

Wrapped in Love

Wrapped in Love provides handmade blankets to families who have said yes to organ and tissue donation. This year 102 lap blankets were crocheted or knitted by club women and outside members of the community. These blankets are sent each month to the *New Jersey Sharing Network* where they are packaged and sent out to family members whose loved one has given the ultimate gift of life. It reminds them that they have not been forgotten.

Nursing and Rehab Facilities

Crystal Lake Rehab and Nursing facility and Spring Oaks Assisted Living facility are two local centers in Ocean County that the Woman's Club of Lacey support. Each month the department chair in conjunction with the directors of each facility develops a list of dates for visits which is announced to the membership. These visits include pizza parties, birthday parties, cupcake decorating, board games and more! Over this past year, we have donated greeting cards for various occasions, candy, clothing, a basketball hoop, and personal care items. The Arts and Culture committee made up about 50 floral arrangements which were donated to Crystal Lakes for their Easter celebration table décor. Afterwards the floral arrangements were raffled off to residents to brighten their rooms. The newest initiatives include making holiday wreaths for the nursing stations and lap blankets for residents. Donations of used clothing are collected at each general meeting.