

Health and Wellness- Narrative 2025

Woman's Club of Lacey, Inc.

Operation Smile

Woman's Club of Lacey starts collecting items at for Operation Smile in September when we team 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. Then at the at the January general meeting and continued through April we continue our collection assuring that after surgery a child will receive 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. Members sorted, counted, priced and boxed all donated items for Operation Smile. All necessary paperwork was filled out for pick up to be delivered to the main distribution center in Virginia Beach. We have been part of this worthwhile project since its beginning.

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 2025. Their activities included walking, biking, yoga, weight training, Zumba class, and pickleball. From January through December these members logged 660 hours of activity! In April we hosted a local Yoga instructor Adrienne Costa Di Paolo. Members wore comfortable clothes as they experienced mediation and Chair Yoga.

In May four members participated in a 5K Walk-a-Thon sponsored by NJ Sharing Network at the Ocean Grove Boardwalk. In August five members participated in the annual Lacey Twp 5K walk/run event. One of our oldest members, Helen who is 89 placed, first in her age group!

Dress in Red- Heart Month Awareness

In February, members of WCOL were encouraged to wear red in honor of Heart Health month. Immediately after the adjournment of the meeting, with over 75 women dressed in red, we gathered for a group photo. The photo was sent to NJSFWC and GFWC for their Facebook pages.

Nursing and Rehab Facilities

WCOL supports two local nursing home facilities, Crystal Lake Rehab and Nursing facility in Bayville and Spring Oaks Assisted Living facility in Lacey. Each month the department chair in conjunction with facility directors develop 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, and personal care items. The newest initiatives include donating new or handmade blankets for new residents. The "welcome blankets" make the transition to Long Term Care a bit cozier. Donations of used clothing and small size personal items are also collected at each general meeting.

Cookie donations – 6 members donated home-baked cookies to the nursing homes and solicited girl scout troop 478 to donate 15 boxes of cookies as well.

New Jersey Sharing Network/Wrapped in Love

This non-profit organization supports both 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 provides handmade blankets to families who have said yes to organ and tissue donation. This year 193 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.

New Eyes for the Needy

Members collect used eyeglasses at each monthly meeting. They are then brought to a local eye physician's office for donation to the Lions Bank. This year club members collected 386 pairs of used eyeglasses.