



# Mayfield Women's Club, Inc. GFWC/OFWC

## Newsletter

## 2020



## MWC'S CO-PRESIDENT'S MESSAGE

Greetings from your newly installed Co-President's ~ Loretta and Diana!

We would like to start out with many **thank you's**. Thank you to the outgoing Board and Co-Presidents Diane and Georgene and their hard work. Thank you to Marie for hosting an outdoor meeting with several past Presidents to help us with the guidelines and responsibilities of the Presidency. And, for presiding over the 54th Installation of the 2020-2021 Officers. Thank you to Marcia for preparing the beautifully bound installation programs and for keeping members up to date all year. Thank you to Audrey for keeping the Club finances straight and informing us that 39 members have renewed their membership for 2020-21. Yea!!

Due to the cold weather and Covid-19, we will not have a November meeting, but our speaker, Elizabeth, Occupational Therapist, ....and Diane's daughter, has sent her presentation information. It is attached at the end of this Newsletter.

The January and February programs have been cancelled. However, we are having a Holiday Luncheon scheduled for Saturday, December 5<sup>th</sup> at Pine Ridge Country Club in Wickliffe.

Happy Thanksgiving and Holidays to all!

Be safe and healthy ♥ Loretta and Diana

### Committee's **NEWS**

**Home Life** ~ ~ Diane

November is Diabetes Awareness Month. Two easy things you can do to lower your sugar level is drink more water, not just a sip or glass now and then, but several glasses every day. Another is to switch to decaffeinated coffee and tea. Caffeine draws water out of your body. And one more way is to increase your activity level.

A suggestion from a Lake Health Diabetes Counselor is to keep a log of everything you eat and drink along with your sugar levels. Are your numbers improved if you drink more water? Exercise more? Are you surprised? Good luck and good health to you!

**International** ~ ~ In Faith and Friendship ~Patt

In these moments of frustration and fear, it is so important that while we are dealing with things we can't do, share or enjoy— we take a moment and think of how blessed we are with so much. In this country where so many have given their lives for our right to express our opinion, make our own decisions, live our own lives, we forget how many people in the world have never had these opportunities.

The whole world now is facing a common enemy —COVID— but the circumstances and environments are so varied. We know where we will sleep tonight, we know it will be warm, we know we will have food to sustain us, people who care for us, medical help available if needed. All of this many of us just accept and take for granted. So much of the world doesn't have that option.

This Thanksgiving will be different for all of us. While we moan of all the things we can't or shouldn't do, the people we won't see and enjoy, the traditions that are not going to be shared, let us all say a silent prayer for so many who have so much less than we do.

We are a rugged nation of people, whose history has been facing challenges, problems, mountains, cliffs, raging storms and surviving. It shall be thus again sometime. In the meantime, **please don't forget to be KIND!**

A blessed safe and healthy Thanksgiving to each of you and those you love – an extra prayer for our nation to heal and become one again. Where we can agree to disagree and still be civil and friends!

**Membership** ~~ Audrey  
We have 39 members!

**Social** - **MWC Holiday Gathering** ~~ Stasia  
We will try to have this event... depending on the COVID condition in the next month. We will be social distancing, wearing masks until we eat, and only seated 5 at a table.

Saturday, December 5, 2020, 11:30 | Pine Ridge Country Club, Wickliffe

**COLLECTIONS:**

- ★ The Way... things like socks, pins, girly stuff!
- ★ The Mitten Tree... gloves, scarves, & hats for all ages.
- ★ Sweet Treat Raffle: The Ways & Means Committee will provide wrapped sweet treats to be raffled off.

**LUNCHEON SELECTIONS:**

Cost is \$20. This includes your selection, coffee, iced tea, lemonade, rolls, butter and raspberry sherbet.

Choose one from the list below:

- 1) QUICHE FLORENTINE (spinach & tomatoes) & Fresh Fruit & Hash Browns
- 2) CROISSANT SANDWICH (Chicken Salad) & Fresh Fruit
- 3) CHICKEN MARSALA served with Salad, Green Beans & Carrots Almondine & Roasted Potatoes

Please send YOUR CHOICE for lunch & a \$20 **check payable to Mayfield Women's Club, Inc., GFWC/OFWC** ➡ **I WILL NOT CASH ANY CHECKS UNTIL I CHECK WITH EVERYONE AFTER THANKSGIVING** . **Send the check to** Stasia.

We pray everyone stays healthy and this event will happen!

**Ways & Means** ~ ~ Stasia

**Thank you** to Pat for the **MARVELOUS** job on our annual nut sale!

Marie is still waiting for the Our Town & All Around books. We will let you know when they are available. They will be \$28, just like last year.

Hopefully, the Sweet Treats Raffle will be held at the Holiday Gathering. ....Stay Tuned!

**Welfare** ~ ~ Marty and Chris

Welfare will still have the holiday food collection for Our Savior Church. Because of COVID, they now serve 170 families every month.

Chris will be at the back of the Community Room on November 18<sup>th</sup> from 1:00 to 2:00pm to receive any canned goods or food products you can donate. You may also mail a check directly to the church:

Our Savior Food Pantry  
2154 SOM Center Road  
Mayfield Hts., OH 44124

**Your help is most appreciated!**

Unwrapped gifts for the ladies at The Way can be brought to the holiday luncheon at Pine Ridge on December 5<sup>th</sup>, along with calendars and toiletries. If you are not attending, call Marty or Chris for pick up or drop off. **We must have all gifts by the 10<sup>th</sup>.**

A "Halloween Party in a Box" was dropped off to The Way on October 28<sup>th</sup>. It included paper products, a bath gel gift, a craft and 3 boxes of card games: Old Maid, Go Fish and Crazy Eights. We didn't forget the donuts and apple cider.

**MWC Collections:****Pill Bottles**

So far this year we have collected over 400 empty pill bottles for people in third world countries to carry pills home from the doctor. I will be collecting them at our holiday party in December. So bring them and **PLEASE, PLEASE, PLEASE** make sure you remove **ALL** of the label adhesive and wash both the bottles and lids. If you feel any tacky-ness on the outside of the bottles, they are not clean. Generally, over 90% of the bottles I receive have some tacky-ness that I need to remove before I turn them in. Ask yourself if you would want to receive your meds in each of the bottles you donate. Thanks again for all your help in preparing bottles for this much-needed mission.

**MWC Project Reports**

Project Reports for 2020 are due December 12<sup>th</sup>. I have attached a simplified Project Report Form that you can use. You may prepare it electronically and email it to me or print it, write in the information, and send it to me in the mail. Thanks for all of the hard work you do. A blank Project report is at the end of this Newsletter.

**MWC Club Officers for 2020-2021 – 54<sup>th</sup> Installation**

Co-Presidents	Loretta and Diana
First Vice President (Membership)	Pat
Second Vice President (Programs)	Joan and Georgene
Recording Secretary	Barbara
Corresponding Secretary	Marcia
Treasurer	Audrey
Parliamentarians	Georgene and Diane



11/1 Cheney                      11/1 Dorothy  
11/5 Mary                      11/24 Barbara                      11/26 Sue



12/4 Marie                      12/6 Sharon  
12/11 Cathy                      12/17 Martii



Newsletter Editor: Marcia

**Please Protect You & Others**

- Stay Healthy
- Wear a Mask
- Wash Your Hands
- Social Distance



## "Three Factors for Maximizing Independence and Mobility"

Elizabeth is an occupational therapist with over 20 years of experience working with clients of all ages in clinical, school and home settings. She currently works as a school-based therapist for a Public School System and until recently was working part-time at nursing homes in the area. She is married to Bryan and they have one "fur-baby" named Holly.

When working with clients regardless of age or disability level, an occupational therapist commonly analyzes their situations using what is known as the "Person, Environment, Occupation" model. In this model, the "Person" refers to you. It includes your overall health/physical fitness, cognition, and temperament. "Environment" refers to the places you conduct your life. "Occupation" refers to the tasks in which you engage on a daily basis in order to meet your roles, responsibilities, and leisure needs. If you are experiencing increased difficulty with completing your activities of daily living, you can use these three factors to analyze your situation and develop a plan.

**Person:** As we age, we face a wide range of physical and mental disease processes that affect our ability to safely take care of ourselves and move around. Despite this, we should still focus on maintaining our strength, flexibility, and stamina. These are the foundation for independence and safe mobility. Are you noticing increased difficulty with lifting, carrying, pushing and pulling? This may be an indication of decreased strength. Are you noticing increased difficulty with reaching or bending? This may be an indication of decreased flexibility. Do you easily lose your breath or run out of energy? This may be an indication of decreased stamina. Are you losing your balance more frequently? It could be the effects of decreased strength, flexibility and/or stamina. Strength, flexibility and stamina can be improved through regular participation in weight-bearing and cardiovascular activities. Always make sure to consult your physician before beginning any new exercise program.

**Environment:** Your physical environment significantly impacts your independence and mobility. To decrease your risk of falls, one of the best things you can do is remove clutter from walkways and stairways. If you have tripping hazards such as uneven pavement or flooring, have it repaired or replaced. Never underestimate the power of handrails and grab bars! Install them in your bathroom, stairways and hallways. If you like throw rugs, tape them down. Otherwise remove them as they may cause more harm than good. The more lighting the better. So many falls occur because the individual does not see the obstacle (and this very commonly is a pet)!

**Occupation:** In what manner do you complete your daily tasks? Do you move carefully or impulsively? Move carefully when completing tasks and take your time. Always have a hand hold on a railing before you step up or down on a stair. Avoid carrying items with both hands when possible (especially when going up and down stairs). Using both hands gives you no ability to right your balance should you become unstable. Instead, transport items using a cart or tote bag. Try to push or pull a load instead of lifting it. Look for ways to conserve energy such as completing a task while sitting. This may be very important when showering. Protect your delicate joints when completing a task by using the larger and stronger joints (e.g. carry a heavy bag on your shoulder, not in your hand).

We can see that our performance of activities of daily living are influenced by the interaction of these three factors. By considering each factor individually, we can develop the habits to maximize our independence and mobility.

## MWC Project Report Form

• Title of project	
• Date it was held	
• Your name and phone #	
• Committee name	
• Number on committee	
• Any costs incurred	
• Money earned (if a fundraising project)	
• Value of <i>donated</i> goods	
• Number of members participating	
• Number of guests participating	
• Total volunteer hours (not only hours that you and your committee put in, but also hours of members attending)	
• Brief (2-3 sentences) description of the project	
• The purpose of the project	
• Who benefitted or will benefit by the project	
• How they benefitted or will benefit	