



# Mayfield Women's Club, Inc. GFWC Ohio

## Newsletter September 2022



**General Meeting:** Monday, September 19, 2022; 7:00 PM  
Mayfield Village Community Room  
6621 Wilson Mills Road, Mayfield Village

**Board Meeting:** 6:00 PM

**Greeting Hostesses:** Marcia (Arrive at 5:30 PM)

**Serving Hostesses:** Carolyn, Patsy, Betty Jo, Harriet (Each member is asked to bring her own water, to spare our hostesses some heavy lifting!)

**Program:** "E-Z Pass and Upcoming Toll Technology" presented by an E-Z Pass Retail Manager



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### *A Message from Our Co-Presidents*

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Although Summer is unofficially over, Fall is promising to be **Great!**

September 18<sup>th</sup> is the 75th birthday of the U. S. Air Force. Their theme this year is, **"Innovate, Accelerate, Thrive."** I would like to adopt it for us. Members have been working very hard behind the scenes to make the 2022-2023 year one to Innovate, Accelerate, Thrive.

Join the fun by getting involved and joining in!

See you September 19<sup>th</sup> at 7!

*Co-Presidents ~ Pat and Mary Ann*

### Committee Updates

#### Home Life - Health

#### It is Healthy Aging<sup>®</sup> Month

Recapture that "back to school" feeling with a personal commitment to renew yourself. To improve yourself physically, socially, and mentally, here are ten tips to inspire you from The Healthy Aging<sup>®</sup> Campaign, which began 30 years ago and launched September is Healthy Aging<sup>®</sup> Month

1. Move more, sit less. Choose something fun so you can keep at it, like cycling, walking, dancing, swimming, or aerobics.
2. Try to cut back on salt. A diet rich in sodium has been linked to high blood pressure, stroke, and heart attack—all good reasons to try not to over-salt your food. Adding more fiber to your diet can help lower cholesterol, control your blood sugar, as well helping maintain good digestive health.

3. Volunteer. Be of service. An excellent way to bring happiness into your life is to not focus on yourself. Refocus on others by volunteering your time and expertise. United Way, the American Red Cross, and Mayfield Women's Club to name a few.
4. Beat back loneliness. Don't wait for the phone to ring. Be proactive and call someone for a lunch date.
5. Rekindle or follow a new passion. Take a hard look at what you like rather than what other people tell you to do to meet new people. Pick some activities where you might meet new friends. Develop new hobbies.
6. Be realistic with what you can accomplish. Learn to say no ... don't overwhelm yourself with a to-do list

So, grab onto that "back to school" feeling and make September the perfect time to renew or set your lifestyle goals.

Remember, it's never too late!

For further information and more tips, visit [September is Healthy Aging® Month](#). For information on the official 2022 September is Healthy Aging® Month poster, go to <https://healthyaging.net/healthy-aging-store/> –Diane

### Hospitality Committee

Greeting hostess for the September 19th meeting is Marcia. Serving hostesses are Harriet, Carolyn, Betty Jo, and Patsy. Each member is asked to bring her own water, to spare our hostesses some heavy lifting! –Marie

### Social Committee

We have planned a trip on the Cuyahoga Valley Scenic Railroad for Wednesday, September 14<sup>th</sup>. All checks had to be received by Martii by September 1<sup>st</sup> to be included in the activity. Contact Martii directly with any questions. –Marti

### Treasurer

**Dues must be paid by September 23, 2022.** If you will not be attending our September meeting on the 19<sup>th</sup>, please mail your \$40 check to Audrey. **You will not receive your Yearbook until your dues are paid.** Please direct any questions to Audrey. **Make checks payable to Mayfield Women's Club, GFWC/Ohio.** –Audrey

### Ways & Means Committee

#### King Nut Sale

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We are trying a new vendor this year for the Nut Sale. We are working with King Nuts located in Solon. King Nuts is giving us a **50% profit back to our Club!** That is a great reason for trying their product for one of our fundraisers. Please tell your friends and family about our **50% profit** back to the Club and that we specify the profit to our Scholarship Fund.

#### Order Reminder:

**All Nut Order Forms and checks are due at the September 19th meeting.**

**–OR–** —You can mail both the order form and your check(s) to Pat.



If you have questions regarding this fundraiser, please call Pat directly.

–Pat

Coupon Books & Gift Certificates

- Look for information on **OUR TOWN** books in **October**.
- TEXAS ROADHOUSE gift certificates again will be our **November** fundraiser. The certificates can be purchased in any denomination and are useful gift items. Thank you for your support!  
–Marie

Welfare:

- Bags of Love – Items needed are brushes, combs, devotional readings, lotions, washcloths, toothbrushes, toothpaste, shampoo, conditioners, soaps, white socks –Chris
- “Give and Take” book table will be open at the September meeting. –Vaughn
- Collection of 2023 calendars for veterans, nursing homes, and those homebound will be collected through January 2023. – Chris, Marie, Marty
- Ongoing Collection of cookbooks, children’s books, K through 8<sup>th</sup> grade – Chris, Marie, Marty
- Always collecting used medication bottles (**Dry medications ONLY**) – All bottles must be label free with all goo removed and put thru a full run in the dishwasher. – Jeannie
- Remember to bring your school supplies! We are partnered with NE Council of Jewish Women. They distribute these supplies to foster children in need. –Betty Jo

*A special note from Cathy* ❤️ Thank you for the many cards I received after my surgery. They made me very happy!



### Recognition of Dedicated Service for 2022-2023 ~ MWC Club Year

*We appreciate your remarkable Club dedication and contributions you have given to help achieve our GFWC goals.*

55 Years (1967) ~ Cathy

54 Years (1968) ~ Sue

51 Years (1971) ~ Marty

46 Years (1976) ~ Betty Jo

36 Years (1986) ~ Sharon

34 Years (1988) ~ Marie

32 Years (1990) ~ Sue

30 Years (1992) ~ Barb

30 Years (1993) ~ Stasia | Judy

27 Years (1995) ~ Marcia

18 Years (2004) ~ Peg | Diana i

17 Years (2005) ~ Carolyn | Chris | Joan | Vaughn

15 Years (2007) ~ Patt

14 Years (2008) ~ Gail | Martii

13 Years (2009) ~ Nancy

12 Years (2010) ~ Georgene | Mary Ann





9/11 Suzanne

9/26 Chris

Remembering...

Loretta

Betty

Our sadness becomes joy to Heaven



The October Newsletter information is due on Saturday, October 1<sup>st</sup>.



Newsletter Editor: Marcia



### Upcoming MWC Fundraisers & Events

Sept | Oct | Nov

Club Fundraisers:

September: King Nuts – Contact Pat

October: Our Town and All Around Books – Contact Marie

November: Texas Roadhouse Gift Certificates (Any denomination)  
– Contact Marie

Events

10/17 Making Christmas & Greeting Cards at the October 17<sup>th</sup> Meeting – Bring your scissors, glue stick, ultra-fine color markers, pens and your creative imagination!

October Date & Time TBD

The Way Group Home Halloween Party –Chris working to schedule



Looking forward to the 2022-2023 Club Year ♥

