

Cary Woman's Club

Health and Wellness Community Service Program Narrative 2023

The focus of the Cary Woman's Club this year in the Health and Wellness CSP is to provide support and encouragement through personal contact to individuals and families in crisis and even to bring a smile to their faces on occasion.

The Caring Place

The Caring Place is a local non-profit in Cary that teaches homeless working families with children the life skills they need to attain independent living while providing short-term housing and support services to address their immediate needs. The transitional housing apartments are beautifully appointed and equipped for the families. A sixteen-week training program provides former homeless people with a support team to train them in the budgeting and job skills necessary for independent living by connecting them to community resources and mentors. Lifestyle changes can and do happen at The Caring Place. Some of our CWC members volunteer as mentors or in other capacities.

To add a little holiday cheer for the Caring Place clients, our club members contributed gift cards for groceries, gas, and gifts for the holiday season totaling \$1060. These gift cards were gratefully accepted and we were so pleased to be able to offer this support.

The Cary Woman's Club also approved a grant for \$500 to Adopt-a-Family through the Caring Place. The family will be selected by the Caring Place staff early in 2024.

Volunteer Hours: 64 Dollars: \$1560 In-kind: Members: 39

National Day of Service-Dorcas Ministries

At the request of GFWC to participate in the National Day of Service, The Cary Woman's Club planned a special food collection to replenish the Dorcas Ministries Food Pantry. The mission of Dorcas Ministries is to provide compassionate assistance to area residents to empower individuals and families to become stable and self-sufficient. The Dorcas Thrift Shop provides a place for anyone, but especially those in need, to shop for clothing and a wide variety of household items at bargain prices. Dorcas is a lifesaver to many residents who find themselves in a temporary financial crisis. Dorcas provides a multitude of services to people in need: food assistance, financial assistance, a food pantry, emergency housing, training programs and the thrift shop with minimal cost for clothing and household furnishings.

Our Club has a long history of supporting various Dorcas projects. At our first meeting in September, our club members brought bags and bags of food, and on September 30, the National Day of Service, the food was delivered to Dorcas by our Health & Wellness Chair and committee members and was much appreciated.

Volunteer Hours: 32 Dollars Donated: In Kind: \$635.00 Members: 39

Total Life Care Center

The Total Life Care Center is our newest recipient of loving care and attention and began with a big February Valentines Party with hearts on candy, cookies, and decorations. This facility is located in Bond Park in Cary. It is a facility offering Adult Day Care to seniors and people with disabilities. We asked the staff for ideas of how we could impact the clients and our suggestion of a monthly Bingo party was enthusiastically accepted. Our first Bingo game at the Center along with treats and prizes was a huge hit. This is one of our club's favorite activities and the clients seemed to agree! Bingo games were planned as monthly events, with our members guiding the games, bringing the snacks and prizes.

The director of the Cary Total Life Care Center, Elaine Whitford, was the speaker at our February 2023 club meeting.

Volunteer Hours: 168 Dollars Donated: In Kind: 280 Members: 8

Speaker: Resources for Seniors

Mr. Michael Boles, Director of Adult Day Care Services, Resources for Seniors, spoke to us in April 2023 about the many services offered to Seniors and adults with disabilities in Wake County in helping individuals to stay healthy and independent at home. Services include: adult day care (Total Life Care Center, above, is one of their facilities), homecare, minimum home repair, transportation, etc. This presentation was very interesting to our members, as we are in or approaching that recipient age group or have family members who could benefit! Cary is lucky to have such a program of service to our community. Our members have shared information about this resource to family and neighbors.

Volunteer Hours: 35 Dollars Donated: In Kind: Members: 39

Oxford House

In April a carload of cleaning supplies was amassed through donations by club members and delivered to Oxford House. The supplies included buckets, brooms, sprays, sponges, paper towels, bathroom cleaners and blankets & bedding. Oxford House is actually a number of

group homes scattered through the County where clients recovering from various addictions live together while they work at new jobs and turn their lives around through counselling and supervision. They must furnish their own space in the houses, and then take those items with them when they move to permanent housing, so they need a constant supply of household furniture and cleaning supplies. The Cary Woman's Club has been collecting items for them in each of the last several years.

Volunteer Hours: 80

Dollars Donated:

In Kind: 750

Members: 39